

# TRACK MAGAZINE



## What's News...

Finally, somebody tells the truth about how local rankings are determined. Surprisingly, it's not picking names out of a hat while blindfolded. See page two.

There's still time for some crash workouts before league finals. Isn't there? Maybe, but see page three to be sure.

Dual meet action has really heated up, with the Poway/Vista boys meet taking the spotlight. There was also a big three-way faceoff in the Metro League, and La Jolla's boys uncorked a great race against Scripps to put the West boys in a three-way tie.

In girls duals, La Jolla hammered a quality UC squad, while the Palomar League (and the state) wait for Rancho Bernardo and Mt. Carmel to race.

See pages four and five for more.

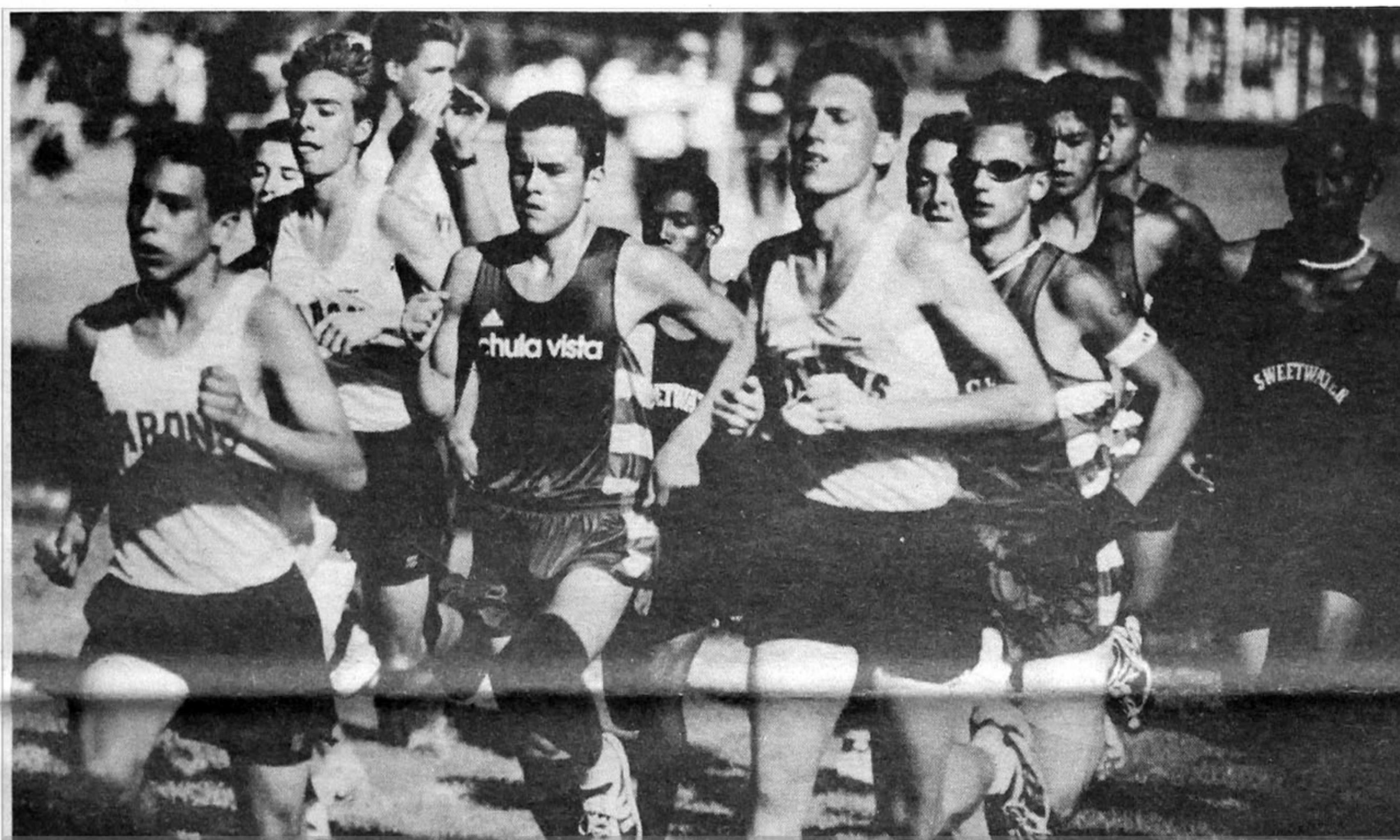
A great girls team race fizzles at Kit Carson, but Torrey's Julie Komo-sinski still enjoyed the party. Teams from Mt. Carmel and Valley Center won almost everything. See pages six, seven and eight.

Some of San Diego's best runners and teams looked good at Mt. SAC, as Matt McInvale ran impressively, and Poway and Vista boys and La Jolla's girls stood their ground in teams sweeps races. See pages nine, ten and eleven.

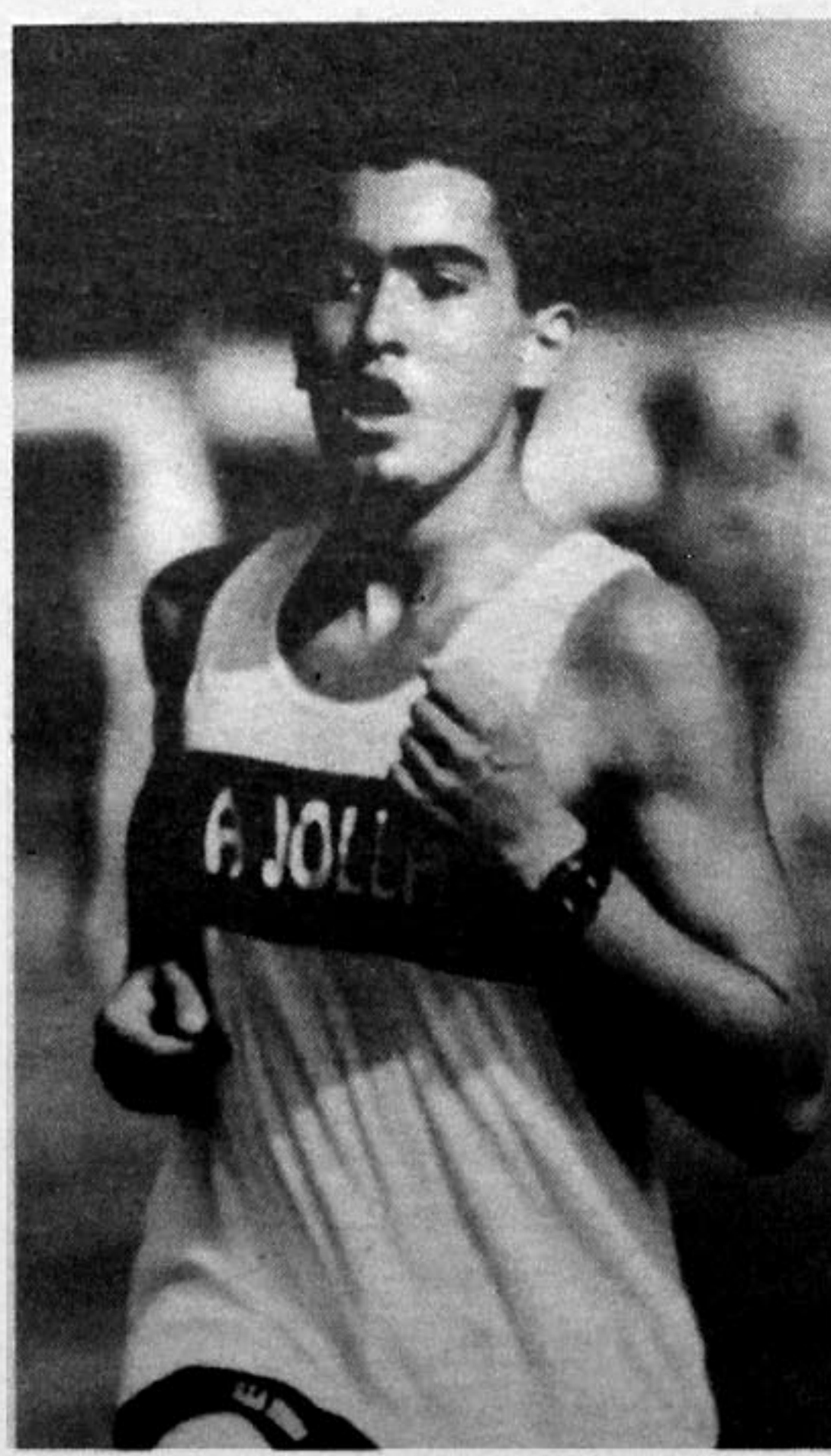
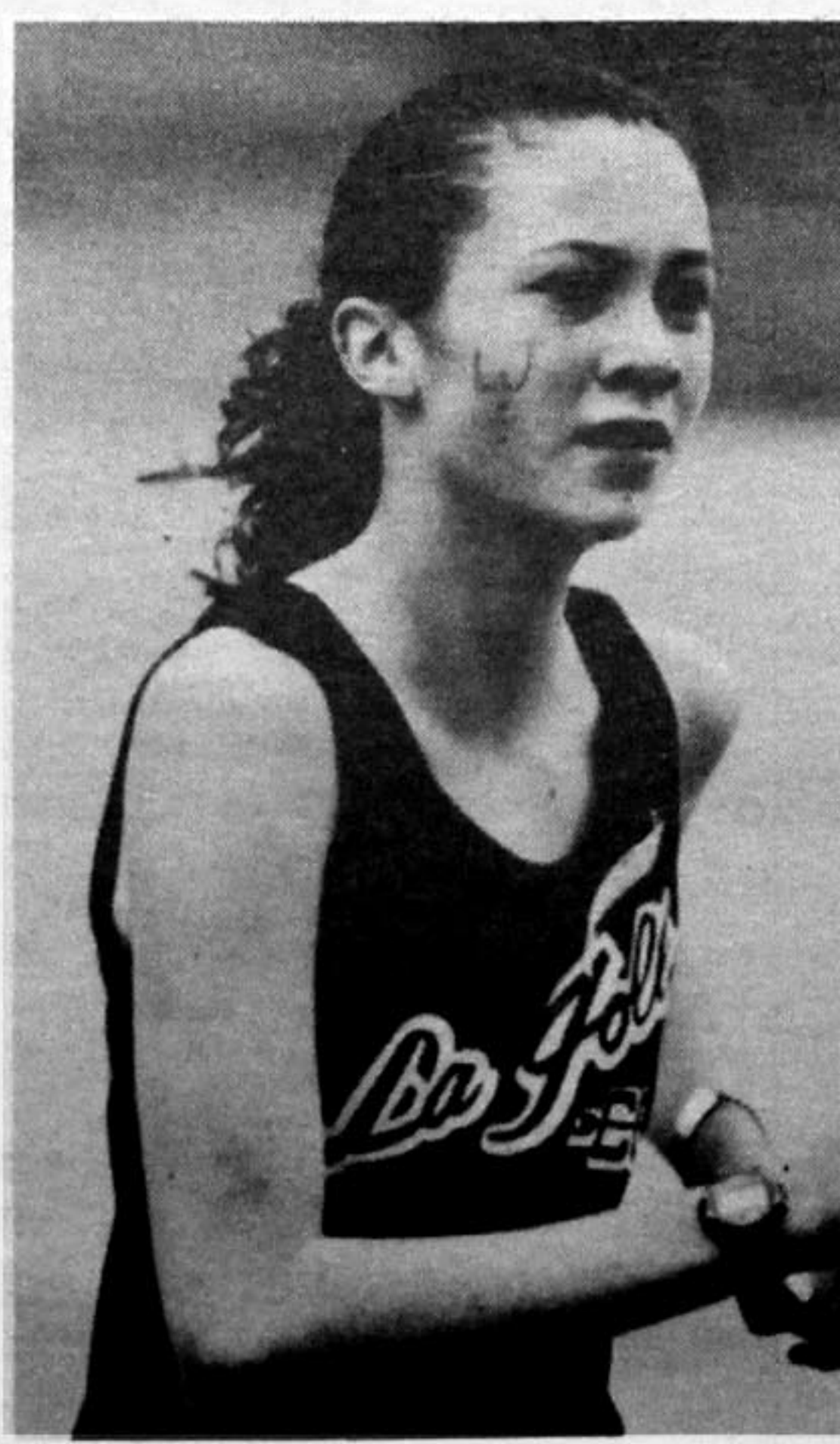
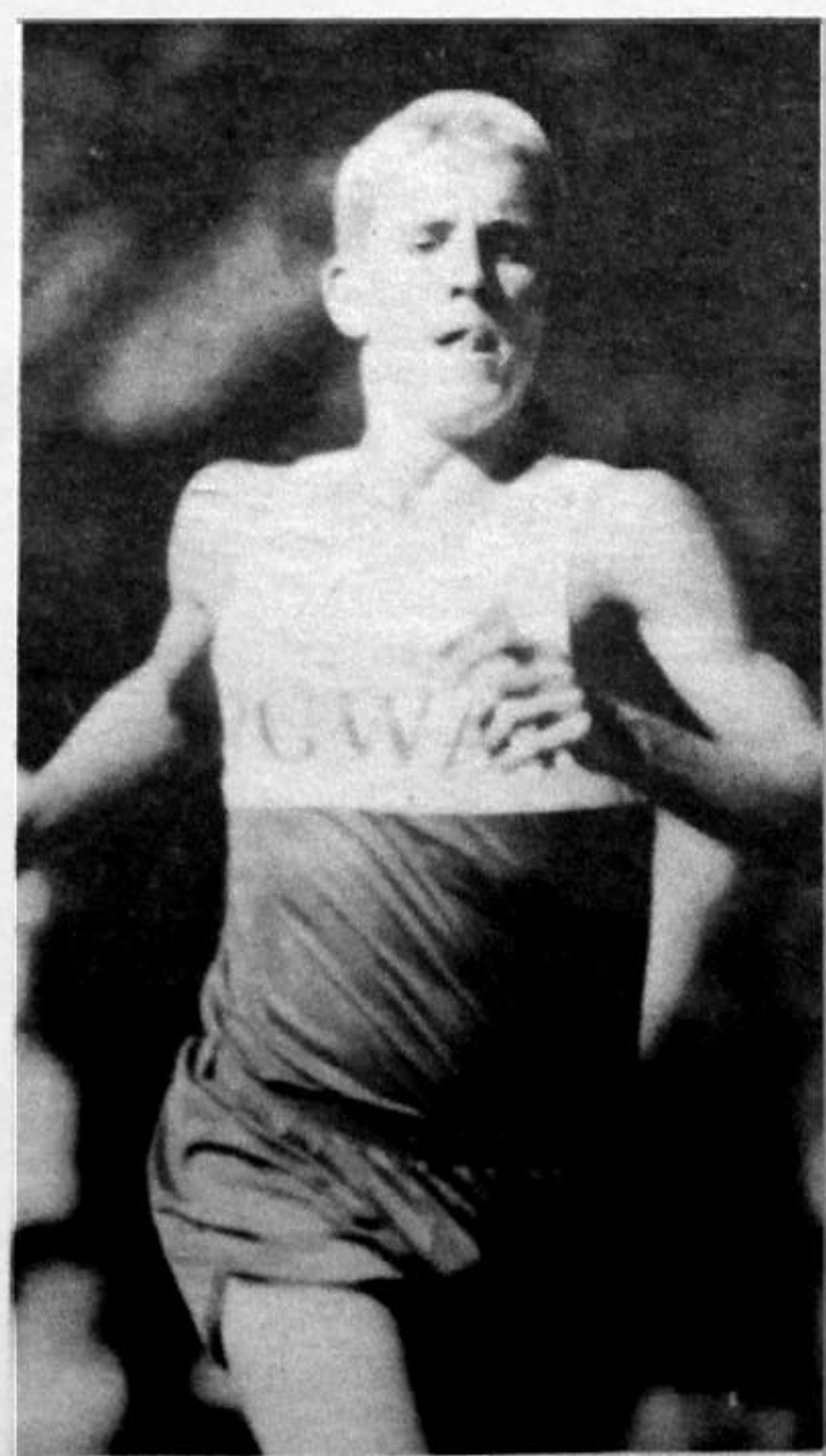
RB's girls finally get to number one in the state. Also making big moves up are La Jolla's girls, La Jolla's boys, Ramona's boys and Calvin Christ-ian's boys. See page 12 for the local and state rankings.

Volume V, Number 4 -- November 5, 1999

*The best in local prep cross country coverage*



Unbeaten boys teams **Bonita Vista**, **Chula Vista** and **Sweetwater** hooked up last week in a double dual at Rohr Park. Chula's **Michael Manzano** (center of front pack) won the 3.1-mile race in 15:50, but Sweetwater edged the Spartans, 25-30, in the team race to take over first place in the Metro League.



## News makers:

**Tim Helms** and his Poway teammates are on top locally after taking third in the Mt. SAC team sweepstakes, and beating Vista in a close dual meet last week. **Liz Edwards** and her La Jolla team were impressive in the Mt. SAC Division I-II team sweepstakes, and they beat a quality University City team on Monday. **Chris Ferrier** set a course record in leading his Viking team to a big dual win over Scripps Ranch last week. Ferrier ran 15:41 on the 3.0-mile Morley layout.



# Inside the rankings: how, why of top tens

**H**ave you ever wondered just what goes into the local cross country rankings?

Curious about the criteria? Wondering about how accurate they are?

Track Magazine is involved in the local rankings, so we are in a position to explain how the ratings are determined.

First, a caveat.

The rankings are done each week, on Sunday night, and are then phoned in to reporters at the San Diego Union-Tribune. But the rankings actually printed in each Tuesday's edition are often incorrect. Sometimes, they don't update the rankings and run a listing from the previous week. Sometimes, they mess up the order just a bit. We will try to post each week's correct local rankings on our website, and, of course, print them in our current issue.

We acknowledge that ranking teams is not an exact science, although we do try to use objective information as much as is possible.

And, of course, we are only as good as the information we receive. We don't automatically receive all results from all teams all the time, so some races slip through the cracks.

And, on a related note, some teams have a competitive schedule that take them out of the mainstream of meets that we look at. Granite Hills' and San Diego's boys teams are two good examples of teams that could be very much underrated.

So, keep in mind that:

**The rankings are for fun**, to promote interest and to get people talking about cross country. They don't determine anything, and don't influence any team's eventual opportunity for success.

**No coach wants his team to be ranked higher than they deserve.** One of the rankers is a coach, and we receive input from many coaches over the course of the season, but there is no "rigging" of the rankings. I've never known a coach that wanted his team to be overrated, because of the obvious downside.

**The rankings are not a prediction** of how teams will finish at the end of the year -- they are more a reflection of how teams have been running in the last few weeks, which is not the same thing at all.

**We try to rate teams on performance**, and not on potential. If a good team is underachieving, they will be ranked they way they race.

"We had a bad day," might be an accurate description of a team's performance, but is impossible to factor in.

**We do take into account missing team members.** Rancho Bernardo rested their top four girls at Kit Carson, and didn't finish in the top five teams. Torrey Pines was missing their three-four-five girls in the same meet, and placed fifth. In both cases, we used common sense in determining how we evaluated that race.

**Invitational races get more weight** than dual meets, although we do take dual meets into account.

**Head to head competition is the main determinant** in putting teams in order. There are two components to this rule.

First, if team A beats team B in a recent meet, then team A will be ranked ahead of team B.

Second, in a race that is team-scored, priority is given to the score ahead of team time. Thus, we have Poway ranked ahead of Vista after the two teams were third/fourth at Mt. SAC. Vista had a faster team time, but Poway beat them in the score. An exception to this rule is when teams are in different races in the same meet. The final rankings will be determined by team times at the CIF meet (from all five division races), with adjustments for scores within each race.

**Recent competition is more important** than early-season results. Thus, if Team A beats Team B in a meet in early season, they don't necessarily stay ahead of them. By this point of the season, nobody is getting credit for getting off to a great start in September. More weight is given to the last two to three weeks than for the rest of the season combined.

**We don't try to convert race times to a single standard.** The state meet rankers often try to convert various courses to an "equivalent" of how they match up to Fresno's Woodward Park, the site of the state meet every year. We don't try to figure out what a time at Dana Hills is worth compared to a time at South Bay, for instance. What we do look at, however, is how all the local teams perform against each other at a meet like Dana Hills, or Mt. SAC, and try to fold that in with how the local teams stacked up at South Bay, or Kit Carson.

**Won-loss records can be thrown out**, depending on the

strength of the league. For instance, La Costa Canyon's girls are 0-3 in the Avocado League, but their losses are to Torrey Pines (ranked third), Carlsbad (fifth) and Fallbrook (sixth).

**Rankings, even if relatively accurate, are not an absolute measure.** As they say about gasoline mileage, "your results may vary." We are trying to quantify the efforts of teams of individuals, under a variety of various coaching programs that emphasize often quite different philosophies. There are teams that are pretty much low-key through most of the season that become transformed in the final meets. Other teams run hot most of the year, but fade late. The rankings, a snapshot of who's running well now, will not reveal which teams are which, unless you chart the progress from the start of the season until after it ends. That's why they race.

**The numbers one through ten do not represent a scale.** The difference from one to ten is not always the same, depending on the quality of the year. Sometimes, there are many good teams; sometimes we are stabbing in the dark to fill out the top ten. Often the difference between two teams, or a group of teams, is very slight. Nobody should literally read that one-two-three-four-five, etc., can accurately be quantified. Take, for instance, the boys top ten teams as currently ranked. Poway is number one, ahead of Vista, but by the narrowest of margins. Previously, Vista was in number one, and again, we felt it was almost a coin flip. We feel there is

## from the editor



a very slight gap to three and four (Mt. Carmel and West Hills, respectively), but also feel that the four teams are close enough in ability that they could finish in any order when they race (as they will in the Division I CIF finals). The next group of teams, from La Jolla (in fifth) to San Diego (in fifteenth) can all be closely matched on a given day. It wouldn't be a major surprise if a team or two from that group caught up with the front four teams. This is also the area where major movement can occur, does occur and will occur.

**The season is not over.** As we said, the rankings are not a prediction, and not an absolute measure. They can be very dynamic. A team that is healthy and peaks well at the end of the year can make a huge move up the list. It's where you finish that counts!

## TRACK MAGAZINE

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# EEK! It's Finals Week! The schedule:

Cross country's league finals are unique in that they are played out almost in slow motion, with the schedule spread out across the breadth of almost an entire week.

It gets under way Monday, when Scripps Ranch, St. Augustine and La Jolla boys teams try to resolve a three-way logjam at the top of the West standings.

And it continues into Saturday morning when the Grossmont North and South meet at Harry Griffin Park, and the Avocado, Palomar and Valley Leagues all powwow at Kit Carson Park.

The details:

## **Monday, November 8:**

### **Western League Finals.**

At Morley Field. All races are 3.0 miles over the Western League course, which was redesigned this year.

Finals count for 50% of the team championships.

The schedule:

JV Girls: 2:30 p.m.

Varsity Girls: 3 p.m.

Varsity Boys: 3:30 p.m.

JV Boys: 4 p.m.

## **Tuesday, November 9:**

### **Harbor League Finals.**

At Morley Field. Boys ran 3.0 miles over Eastern/Harbor League course, redesigned last year, but different than Western course in some sections. Girls run 2.3 miles.

Finals usually do not count toward team championships, which are determined completely by dual meet standings. Because of unusual circumstances, the girls team title will be determined solely by the finals results. Crawford has already wrapped up the boys title, based on dual meets.

The schedule:

Varsity Girls: 3

Varsity Boys: 3:30

## **Thursday, November 11:**

### **Eastern League Finals.**

At Morley Field. Boys run 3.0 miles over Eastern/Harbor League course, redesigned last year, but different than Western course in some sections. Girls run 2.64 miles. It is Veterans Day, a school and federal holiday, so the meet is scheduled in the morning.

Finals count for 50% of team championship.

The schedule:

Varsity Boys: 9 a.m.

Varsity Girls: 9:30 a.m.

JV Boys: 10 a.m.

## **Friday, November 12:**

### **Metro League Finals.**

At Southwestern College. Boys run 3.1 miles, and girls run 2.47 miles, over the same course run at the South Bay Invitational.

Finals count for 50% of team championship.

The schedule:

Varsity Boys: 2 p.m.

Varsity Girls: 2:30 p.m.

JV Boys: 3 p.m.

JV Girls: 3:30 p.m.

## **Coastal/Southern Finals.**

At Kit Carson Park. Boys run 3.1 miles, and girls run 2.6 miles, over same course used at Kit Carson Invitational and at North Country finals on Saturday.

Finals count for 50% of team championship. The Coastal and Southern Leagues run in combined races, with the results divided into the separate leagues after the race.

The schedule:

JV Boys: 2:30 p.m.

Varsity Girls: 3:10 p.m.

Varsity Boys: 3:50 p.m.

## **Saturday, November 13:**

### **Grossmont Finals.**

At Harry Griffin Park, near Grossmont High in La Mesa. Boys run 3.1 miles, girls and JV boys run 2.3 miles, over same course used in most Griffin-based duals.

Finals count for 2/3 of team championship. The Grossmont South and North Leagues run in

combined races, with the results separated after the race.

The schedule:

JV Girls: 8:30 a.m.

JV boys: 9 a.m.

Varsity Girls: 9:30 a.m.

Varsity Boys: 10 a.m.

## **North County Finals.**

The Avocado, Palomar and Valley Leagues hold separate championship races at Kit Carson Park. The boys run 3.1 miles, the girls run 2.6 miles, over the same course used at the Kit Carson Invitational. No JV races are held, although the varsity squads are allowed to expand to 12 runners for each team.

Finals count for 50% of team championships.

The schedule:

Valley Girls: 9 a.m.

Palomar Girls: 9:30 a.m.

Avocado Girls: 10 a.m.

Valley Boys: 10:30 a.m.

Palomar Boys: 11 a.m.

Avocado Boys: 11:30 a.m.

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## Dual Meets: Viking, Poway boys rule; Sweetwater leads Metro; many races are undecided

There's nothing like putting things off to the last minute.

At press time, Wednesday night, only a handful of league dual meet championships had been completely decided.

There is a lot of last minute intrigue afoot, as teams position themselves for league championships. In most leagues, it takes a combination of winning duals and finals to get a crown.

The Western League wrapped up their duals on Monday, but the boys had a three-way tie going into the finals.

The Harbor League finished their duals on Wednesday, but the girls title is still up for grabs.

Many key meets are scheduled today.

Highlights:

### WESTERN:

La Jolla made big waves with both their boys and girls teams in the last two weeks.

Both Viking teams got hot at the right time, beginning with very good races at Mt. SAC, and



**Merlynn Diaz**  
Hoover

continuing with great efforts against key West foes.

The Vike boys made up for a loss to St. Augustine by blowing the doors off Scripps Ranch on October 18, winning 24-31. Juniors Chris Ferrier and Scott Davis ran 15:41 and 15:52 to one-two the Scrippies, and senior Eric Koster ran 16:07 to take fourth behind Falcon Brendan Riordan, who ran 16:00.

Ferrier's time was a new course record (the course was redesigned just this fall). The La Jolla boys win puts the Western boys into a three-way tie (with Saints and Scripps) going into the league finals, which now will decide all.

One week later, La Jolla's girls zipped to fast times in an



**Brian Eaton**  
Chula Vista

unexpectedly lopsided win over University City, by 19-40.

Desiree Leek clocked 18:19 over the Western 3.0-mile course, and Michelle Guerrero was second in 18:28, as the Vikings took four of the first five places and seven of the first ten places in the dual win over a quality UC team. A number of the UC runners seemed to be nursing injuries, and visibly struggled through the race.

The final standings:

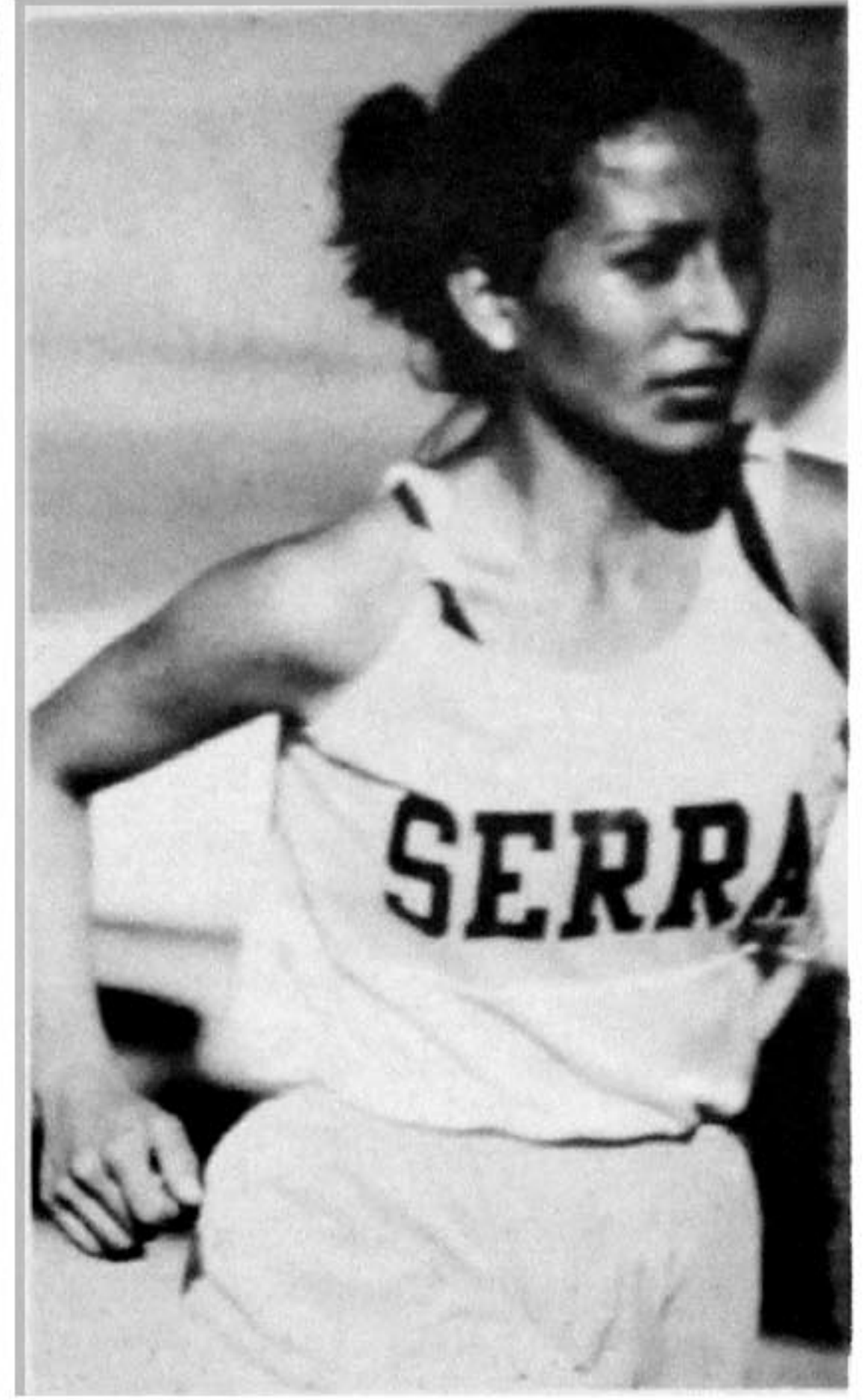
Boys: La Jolla, Scripps Ranch and St. Augustine were all 5-1. UC was 3-3, followed by University of San Diego at 2-4.

Girls: La Jolla was 6-0, ahead of UC at 5-1. Scripps Ranch was third at 4-2, followed by Our Lady of Peace (3-3) and USD (2-4).

A final note: the Western teams will enjoy a 12-day break between their league finals and the CIF meet.

### EASTERN:

San Diego's boys, and Christian Dominguez, are still hot. The



**Amy Montgomery**  
Serra



**Emily Prout**  
Scripps Ranch

Cavers beat Mira Mesa, 18-41, last week as Dominguez ran the Eastern League course in 15:26. Teammate Solomon Kumbi and Marauder Brandon Zelones, both sophs, were both just over 16 minutes in the same race. San Diego leads the league with one meet to go, and Point Loma is in second.

Mira Mesa's girls maintained their one-meet lead over Point Loma, going into the final week. Morse's girls are in third.

### HARBOR:

The Harbor wrapped up their dual season on Wednesday, and Crawford was awarded the boys league title after finishing unbeaten in duals.

This league customarily uses duals only for deciding championships, but there will be a new wrinkle this year.

The Coronado/Crawford girls dual meet was thrown out for massive irregularities (many runners ran off course), and coaches have decided that the

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Please turn to page 5.



# Dual Meets

From page 4.

league finals will decide the winner.

One note: the league has moved their finals meet day to Tuesday (see schedule, page three).

## **METRO:**

Not much happened in this league until last week, when three unbeaten boys teams and two unbeaten girls teams put their cards on the table.

Sweetwater's boys took both ends of a double dual, beating Chula Vista, 25-30, and Bonita Vista, 17-36. Chula's Michael Manzano showed his heels to opponents with a 15:50 at Rohr Park, but the second and third Red Devils matched up with Chula's two-three (beating both in races within the race), and also had a superior four-five.

Chula Vista's girls used their great first three to beat Bonita Vista, 20-36. Spartan Bertha Ojeda won the race, ahead of teammate Sophia Marquez.

Three girls teams are tied for second, at 5-1: Bonita, Eastlake and Montgomery. Eastlake and Montgomery will hook up with Chula Vista in the final meet. If Chula, as expected, beats both, Eastlake and Montgomery will battle each other for third.

The boys standings, with Sweetwater followed by Chula and then Bonita, are not expected to change during the last duals.

## **GROSSMONT SOUTH:**

Granite Hills' boys, who haven't ventured into any invitationals since September, are preparing for CIF. They were basically unchallenged in their league duals, and have been able to tailor their training.

## **GROSSMONT NORTH:**

The West Hills boys team have kept a high profile in invites, taking on Stanford, Southern Cal and Mt. SAC. They had to keep race sharp, because there were also unchallenged in league meets.

The West Hills girls team also sailed through their league duals.

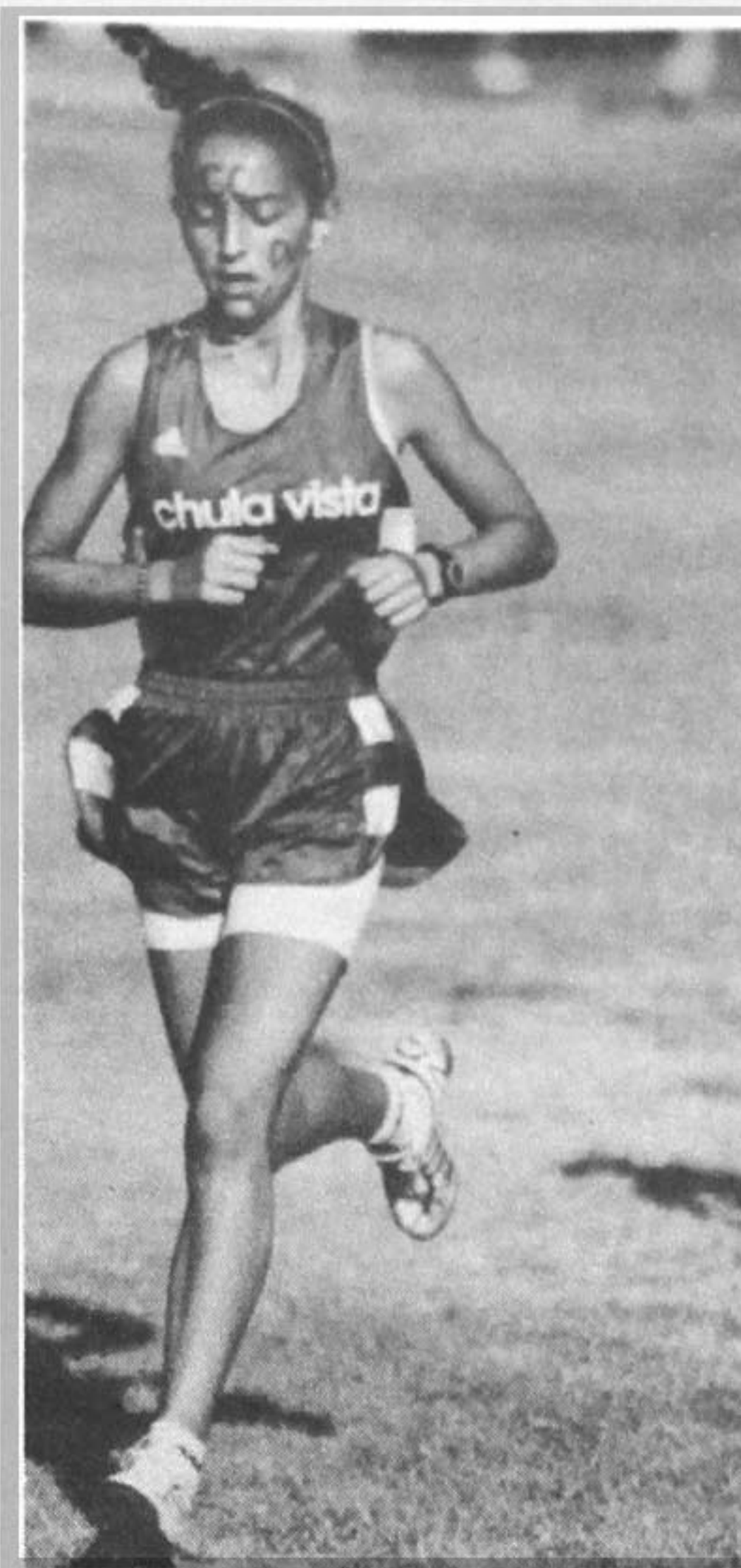
Santana and Grossmont will battle for second in both boys and girls in their final dual. Both the Sultans and Foothillers are 2-1 in boys and girls racing.

## **VALLEY:**

This is an evenly matched league.

The Valley Center boys are unbeaten, but face Ramona and Escondido in a final showdown. If Ramona could manage a win, it would put the Bulldogs into a three-way tie with Valley Center and San Pasqual going into their league finals.

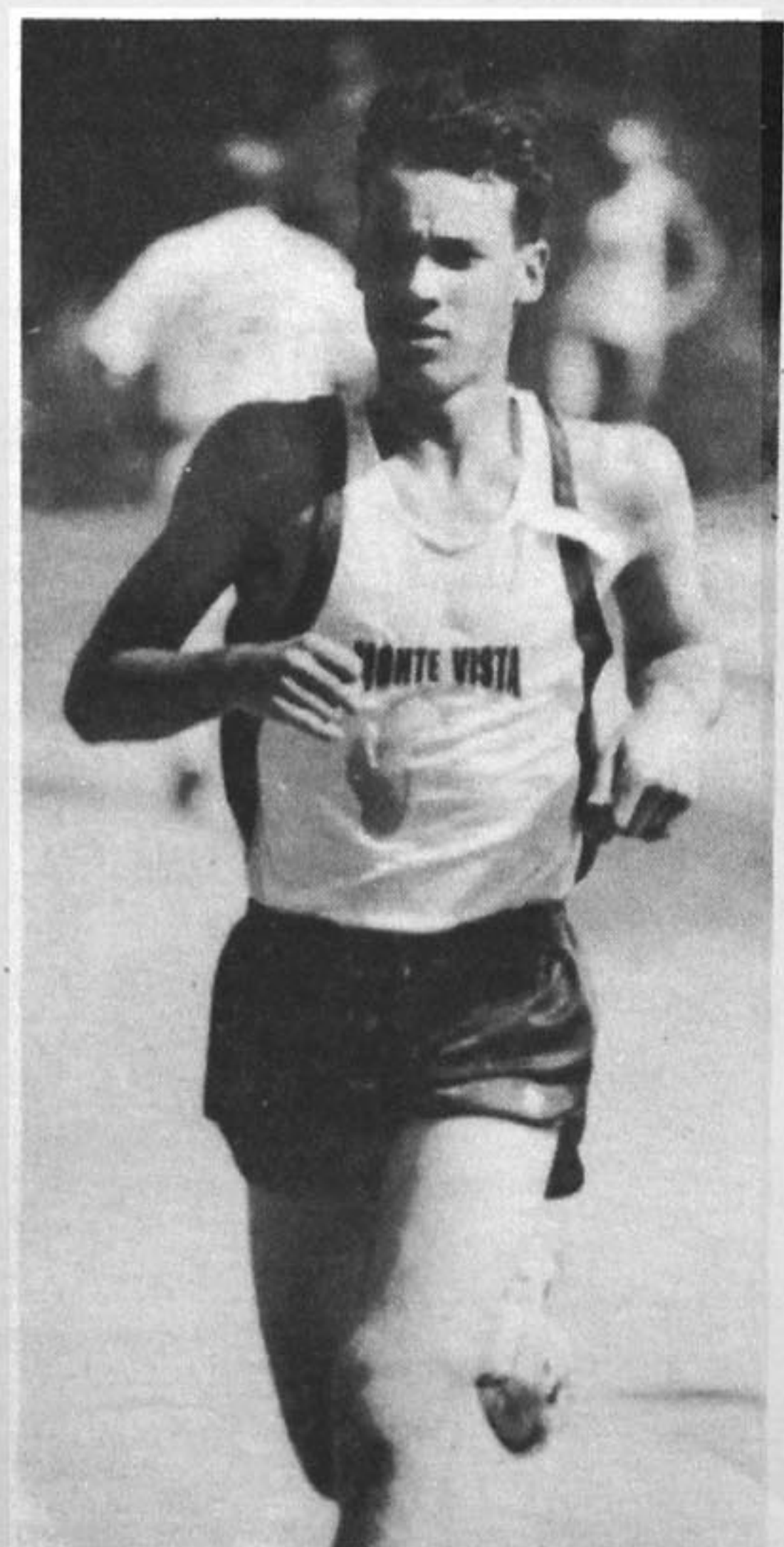
In the same meet, Ramona, Valley Center and Escondido girls



**Sophia Marquez, Bertha Ojeda**  
Chula Vista



**Jill Correnti**  
Our Lady of Peace



**Jonathan Buckley**  
Monte Vista



**Justin Mattos**  
Fallbrook



**David Saenz**  
Horizon Christian

teams are all unbeaten to date, and this competition will sort things out.

## **AVOCADO:**

Torrey Pines and Fallbrook teams will try their first race at Carlsbad's Hosp Woods course, reputed to be a touch run.

All three teams are 3-0 in both boys and girls racing in league meets to date. Fallbrook will be a clear favorite in the boys race, and Torrey will be a favorite in the girls race, where all three teams are ranked well up in the local top ten.

## **PALOMAR:**

The Vista, Mt. Carmel and Rancho Bernardo double dual at Rancho Bernardo Community Park today should be one of the highlights of the season.

The Vista and Mt. Carmel boys teams are ranked two and three locally; and the RB and Mt. Carmel girls are one-two locally. And, the teams are all fierce rivals.

As good as that meet might be, it will be almost impossible to top the Poway-Vista boys dual at Guajome Park.

The teams have matched up in various races during the season, including great Mt. SAC efforts, but last weekend's dual was the best yet.

Poway won the meet on a tie-breaker, after the final score was 28-28. The tie-breaker was a slam dunk, however, as it was determined by each team's sixth runner. That's probably Poway's strongest roster spot, where any of their great pack might pop up. This meet, it happened to be Aaron Powell.

Actually, the real key to the meet was Josh Pope taking second place in the race, with a big PR at Guajome. Vista had hoped to one-two-three the Titans with their great front three. A 1-2-3 in a dual meet is an automatic win (as long as two of their teammates finish the race).

The meet even got some nice press coverage, a real rarity in dual racing.

Poway gets a bit of a break this week, but Vista's boys will have another tough run against Mt. Carmel.

The RB-Mt. Carmel girls meet will have a bit of the front-runner (the Broncos) vs. the pack team (the Sundevils) flavor, but not as extreme as the Vista-Poway boys race. The Broncos don't drop off in their scoring group, and Mt. Carmel's top girls are very fast. The teams are ranked one-three in the state's Division I.

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website manager  
George Green has a  
new email address:  
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# Kit Carson: Komosinski has fun; MtC, VC teams win

When Torrey's Camille Dredge graduated last spring, some wondered if Julie Komosinski was ready to take a lead role.

Nobody is wondering anymore.

The Falcon junior hasn't made a false step this season, and she has won every invitational, including the Sundevil, South Bay, Stanford, San Luis Obispo and Kit Carson meets.

But, it's how she's won that's been impressive. As a young runner, she was content to draft behind the leaders in a race. It was only natural that she follow a class runner like Dredge last year.

Now, she makes her own way in races, and few can stay in her wake. She looks better every week, and her growing confidence was evident at the Kit Carson meet when she visibly accelerated on her way to a course and meet record of 15:17 on the 2.6-mile course.

Afterwards, she looked fresh, and exclaimed, "That was fun!"

The Kit Carson meet had the ingredients for a great girls team race, but the absence of a number

of key performers ruined that prospect.

While many of the area's top boys teams were at Mt. SAC on the same weekend, most of this section's better girls squads were at Kit Carson, including eight of the top ten local teams, according to rankings before the race.

But Rancho Bernardo elected to rest their top four girls, and Torrey Pines was missing, for various reasons, three of their top five.

That left the race to Mt. Carmel's girls, who won easily, with 42 points. Janet Mulvey and Deanna Sick were second and third behind Komosinski.

Torrey, despite Komo's win and Krista Romley's sixth, were fifth as a team. The RB girls didn't even place that high.

"I guess you can drop us both out of the top ten now," Torrey coach Brent Thorne laughed after the race.

The vacuum helped showcase some of the area's other good programs.

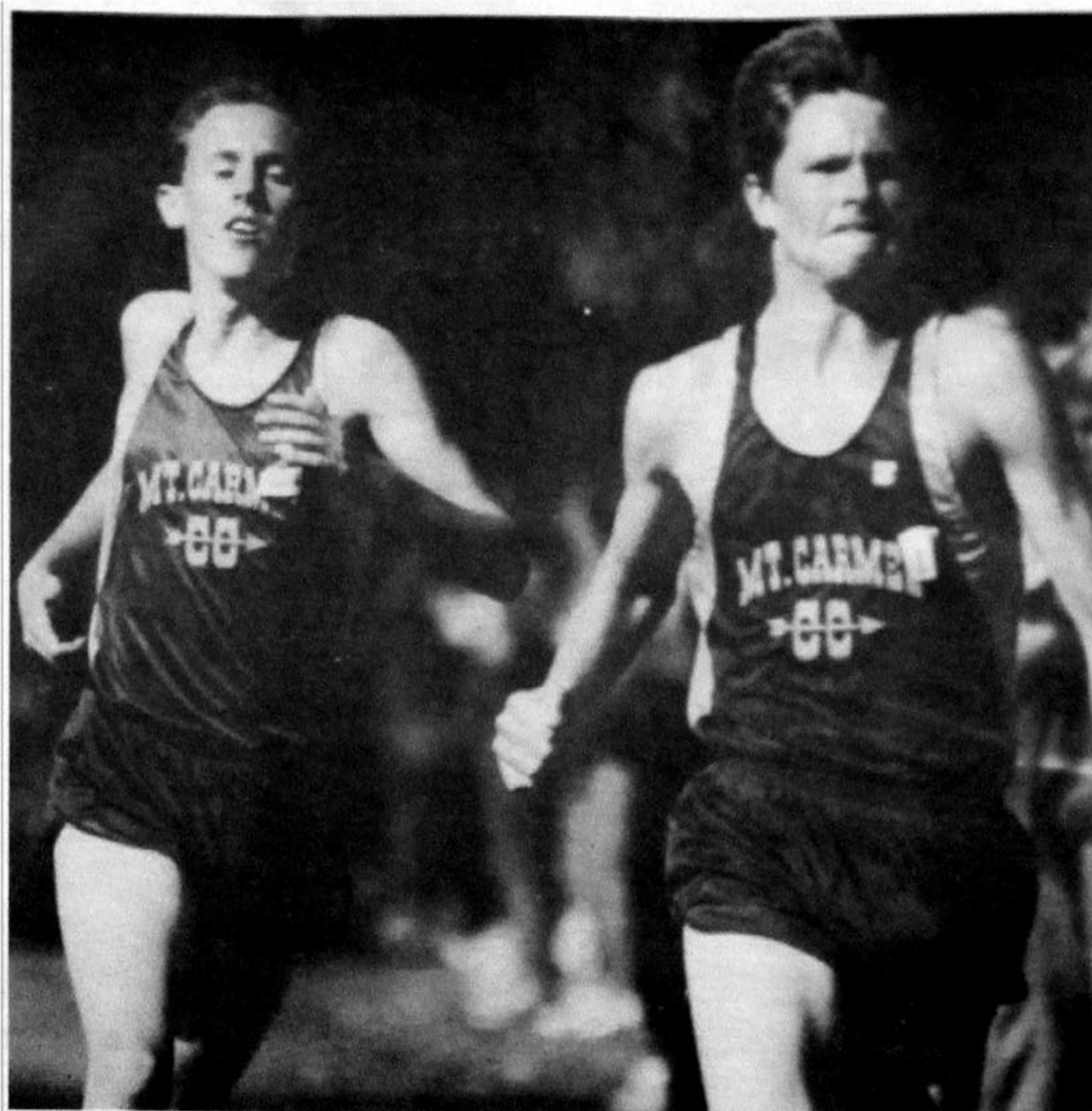
Carlsbad's girls, still not completely at full strength, were second in the race, just ahead of a resurgent Fallbrook team. University City's girls were next.

Mt. Carmel's boys also won their team race handily, paced by Chris Kenyon, Alan Aradanas and Ben Bruce.

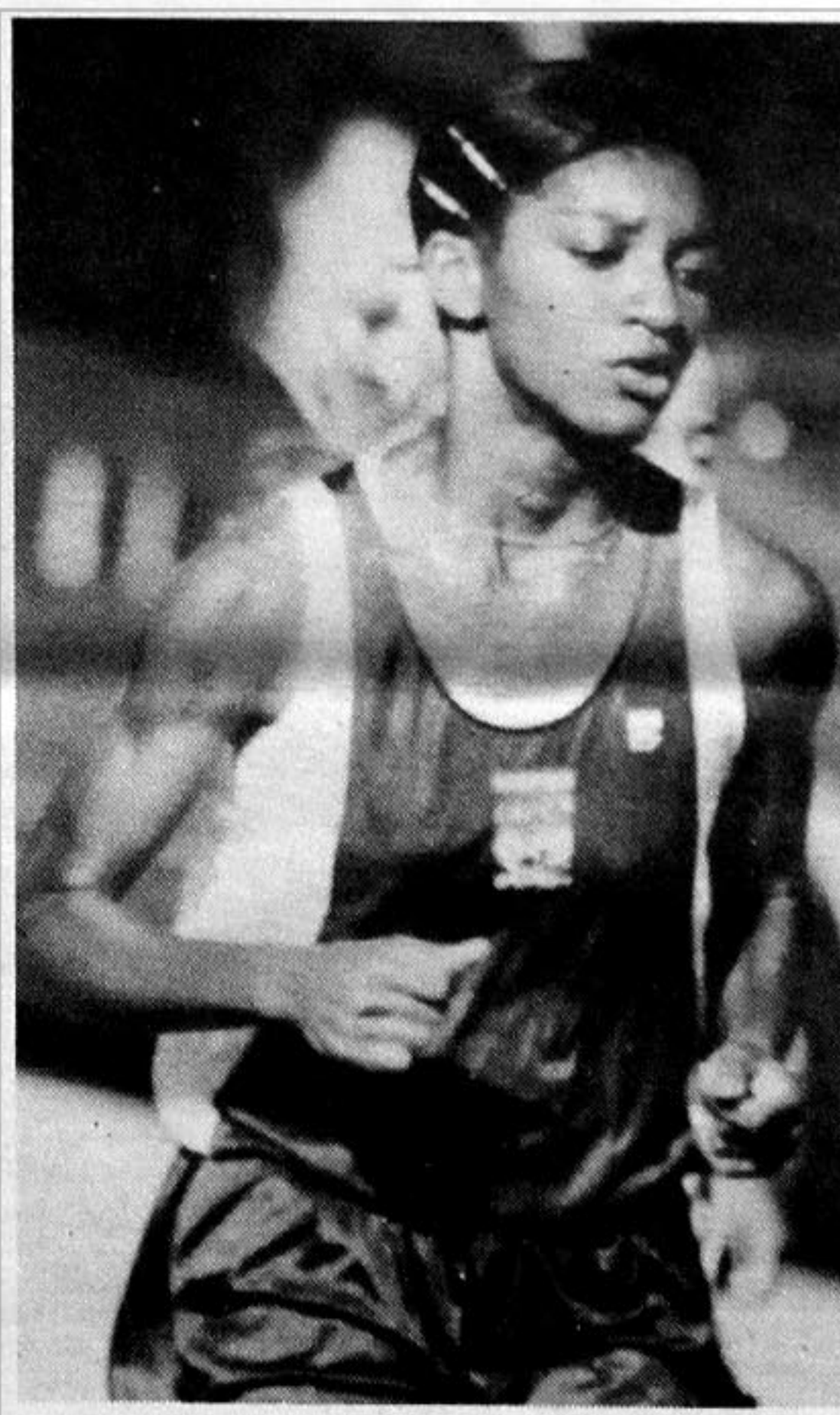
RB's Sean Ricketts looked good in winning in 15:42 for the 3.1-mile course, ahead of Chula Vista's Michael Manzano.

Scripps Ranch, Fallbrook and Sweetwater were the next best teams.

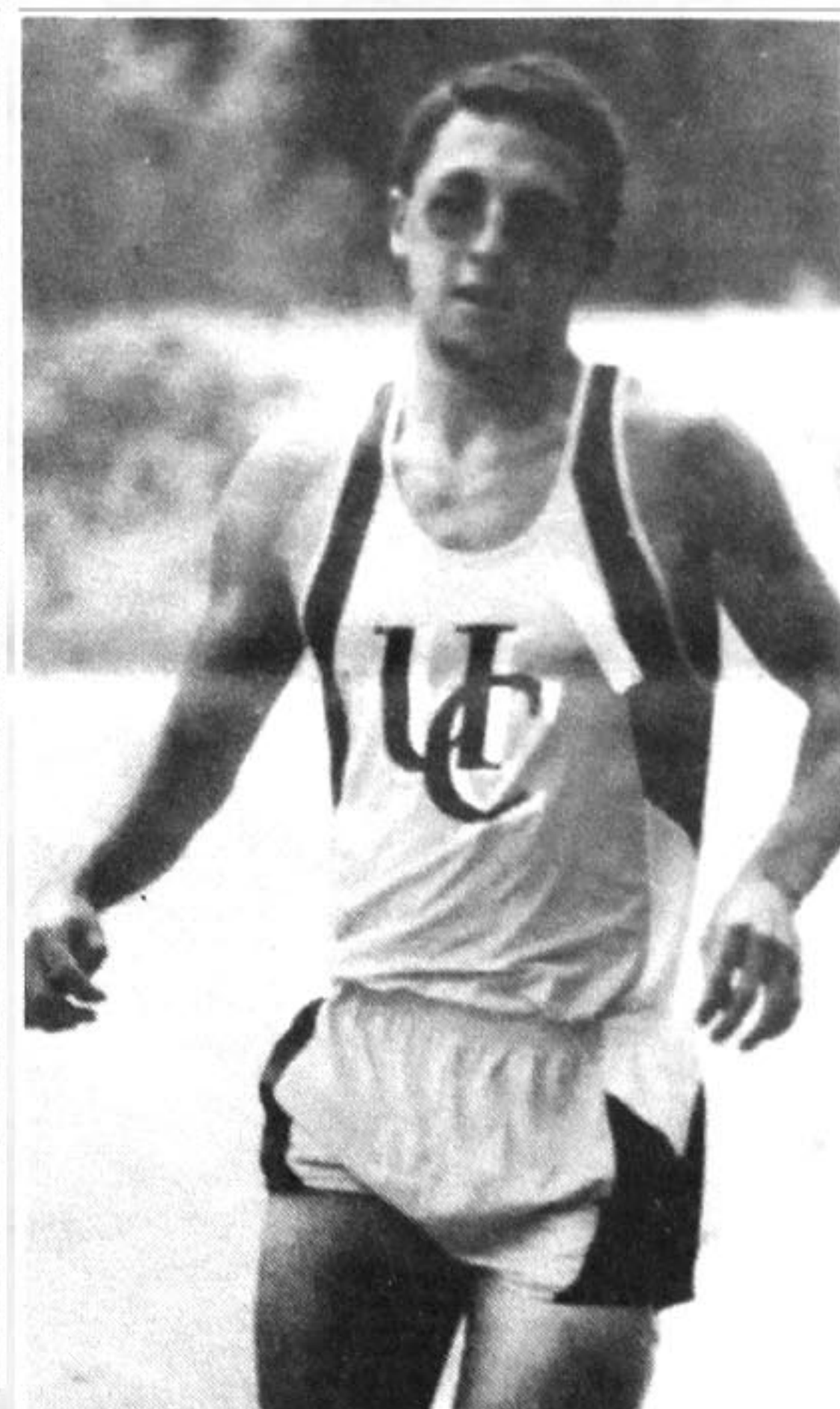
Valley Center's boys and girls had no trouble locking up wins in the Division II varsity races. The boys had Ryan Skerl and Cooper



**Mike Cooke, Ben Bruce**  
Mt. Carmel



**Monique Henderson**  
Morse



**Charles McKeown**  
University City

## Getting it right:

We made a mistake in identifying a runner in a photo in our last issue. **Chula Vista runner Felisha Mariscal** was the athlete pictured, not Bertha Ojeda. The real **Bertha Ojeda** makes an appearance elsewhere in this issue. We apologize for the error.

The **Oceanside High girls** coach was among those we were unable to contact before our preview issue.

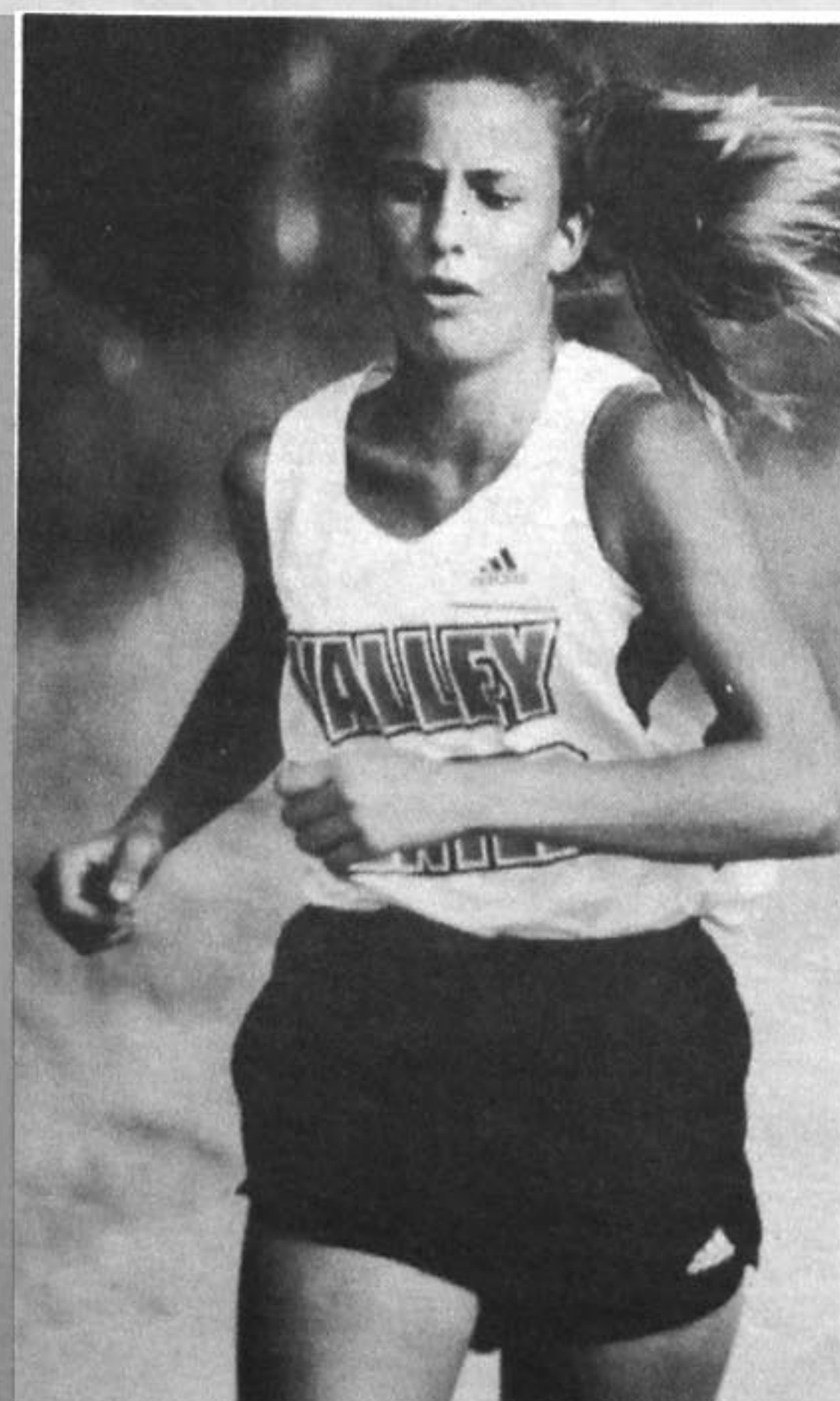
The Pirates are coached by **Amy Neal**, an on-campus teacher at Oceanside. She is laying the building blocks for a program turnaround, with a roster that includes seven freshmen runners.

Their top runner, ninth-grader **Shantae Jamison**, is a promising prospect who is already starting to develop.

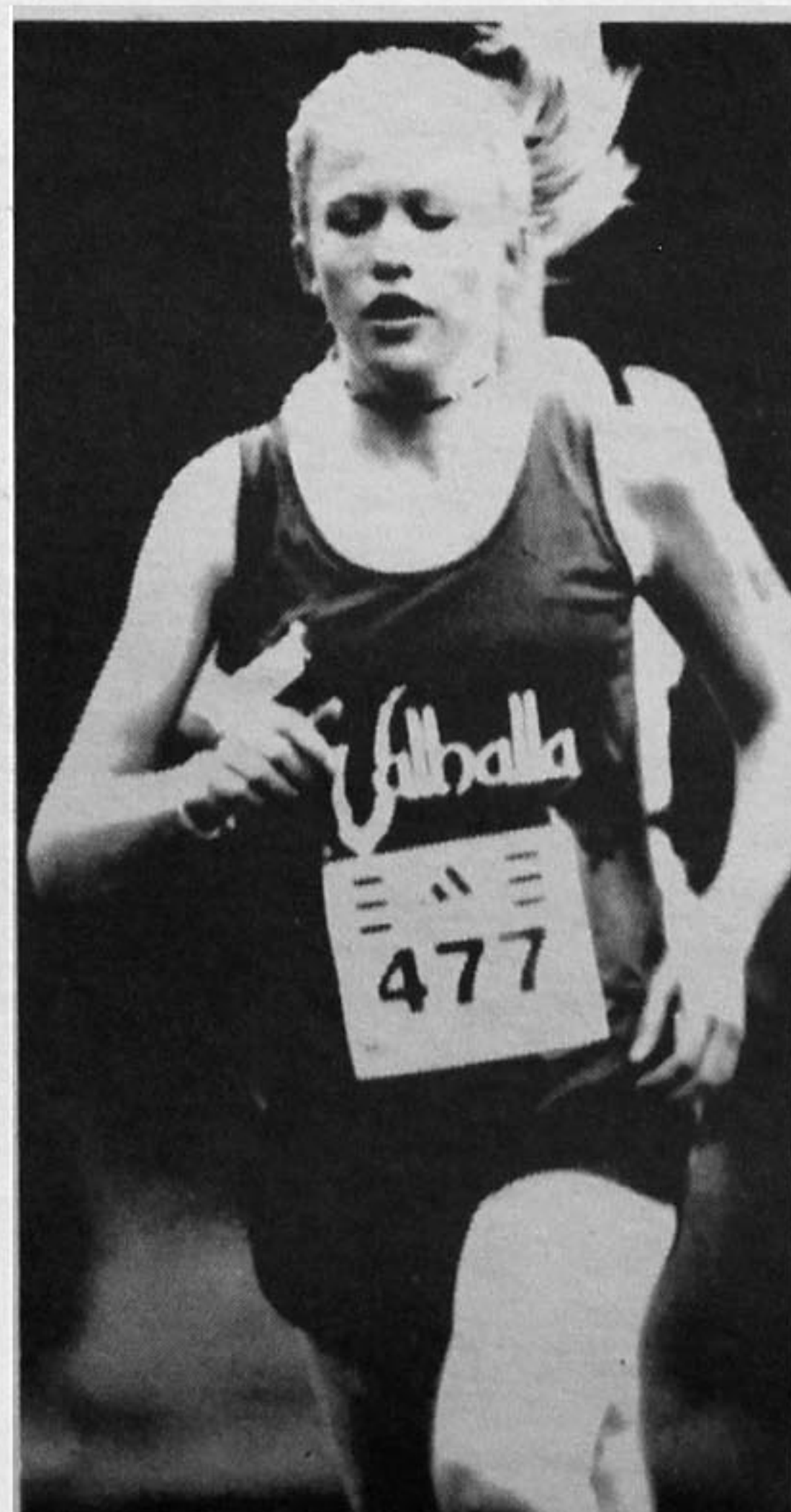
She is backed up by senior **Leah Libolt** and fellow frosh **Nancy Enriquez, Nicole Gruss, Emily Koepke, Dina Howard, Katie Fellows and Emily Maldonado.**

Neal is enthusiastic about the group. "They're really into it," she said. "They have a great spirit and attitude."

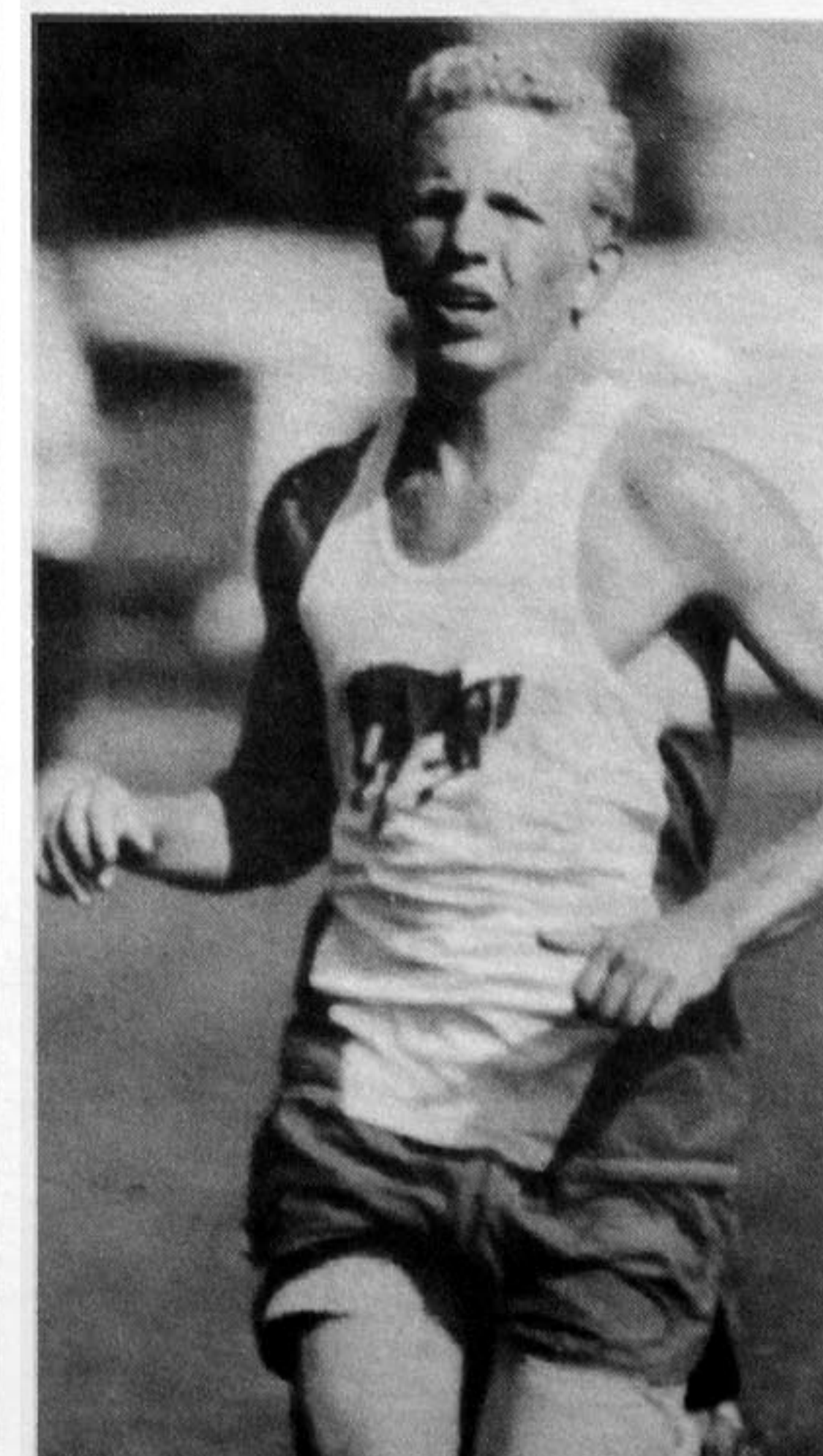
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**Jamie Morasco**  
Valley Center



**Julia Kermott**  
Valhalla



**Mike Shannon**  
Rancho Bernardo



# Kit Carson

From page 6.

Bachman take one-two, and Todd Hough was fourth. The Jaguar girls were led by Diana Dibble (2nd) and Anna Hough (4th).

San Dieguito Academy's Jenna Timinsky ran to a big win in that race, clocking 15:36. Her winning margin was 0:45 seconds.

A note for the future: El Camino's girls dominated the D-II JV race, scoring 18 points. The Wildcats are starting to develop behind Slava Haywas (frosch) and Sabrina St. Laurent (soph).

## The Results:

**At Kit Carson Park, Escondido, Saturday, October 23. Conditions: some good hills (boys repeat hill loop, girls run it once), mostly dirt roads, some sidewalk, some grass. Temperatures were ideal for early races (large school JV races), started to warm through varsity races and continued to warm throughout.**

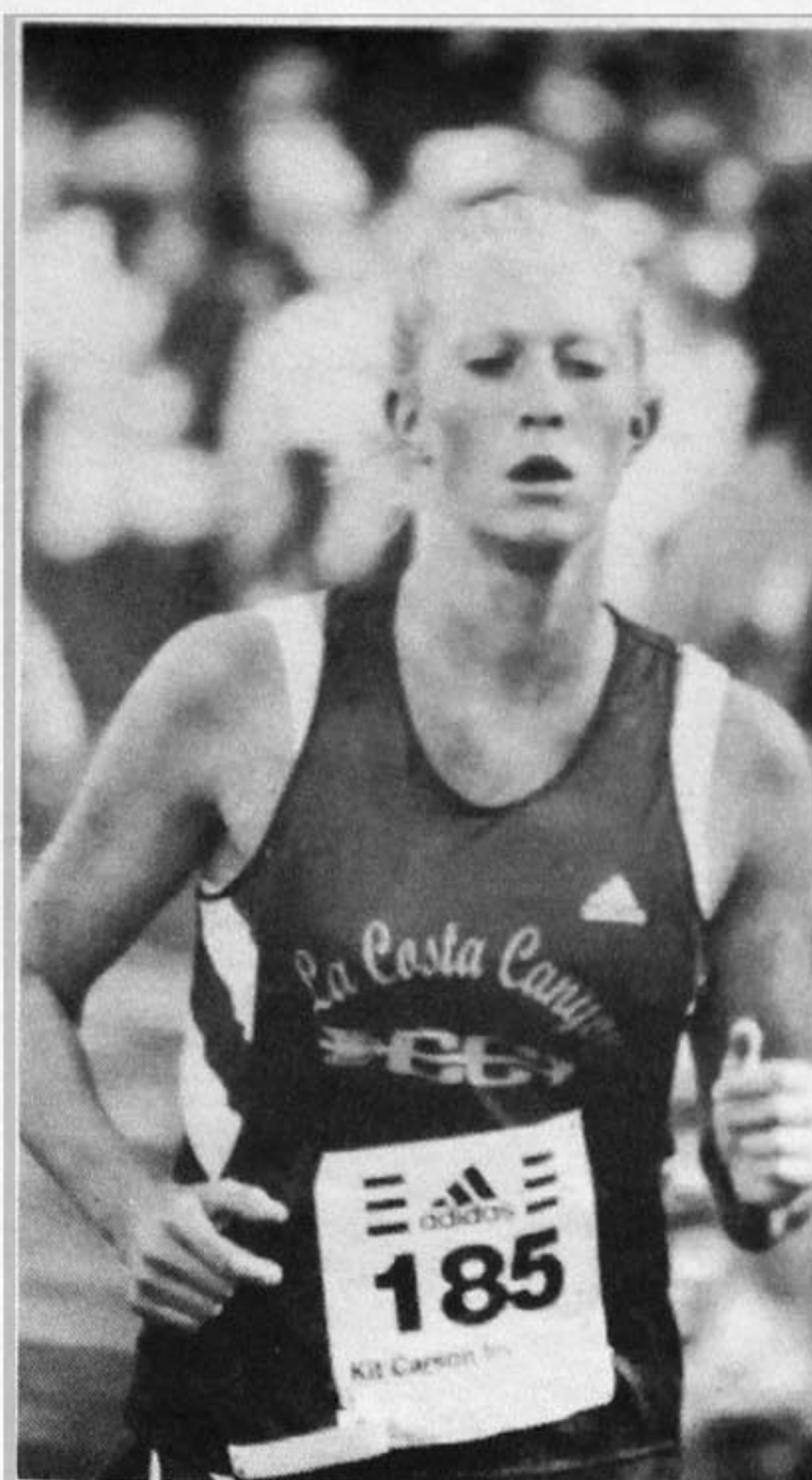
### BOYS (3.1 miles):

#### VARSITY, DIVISION I

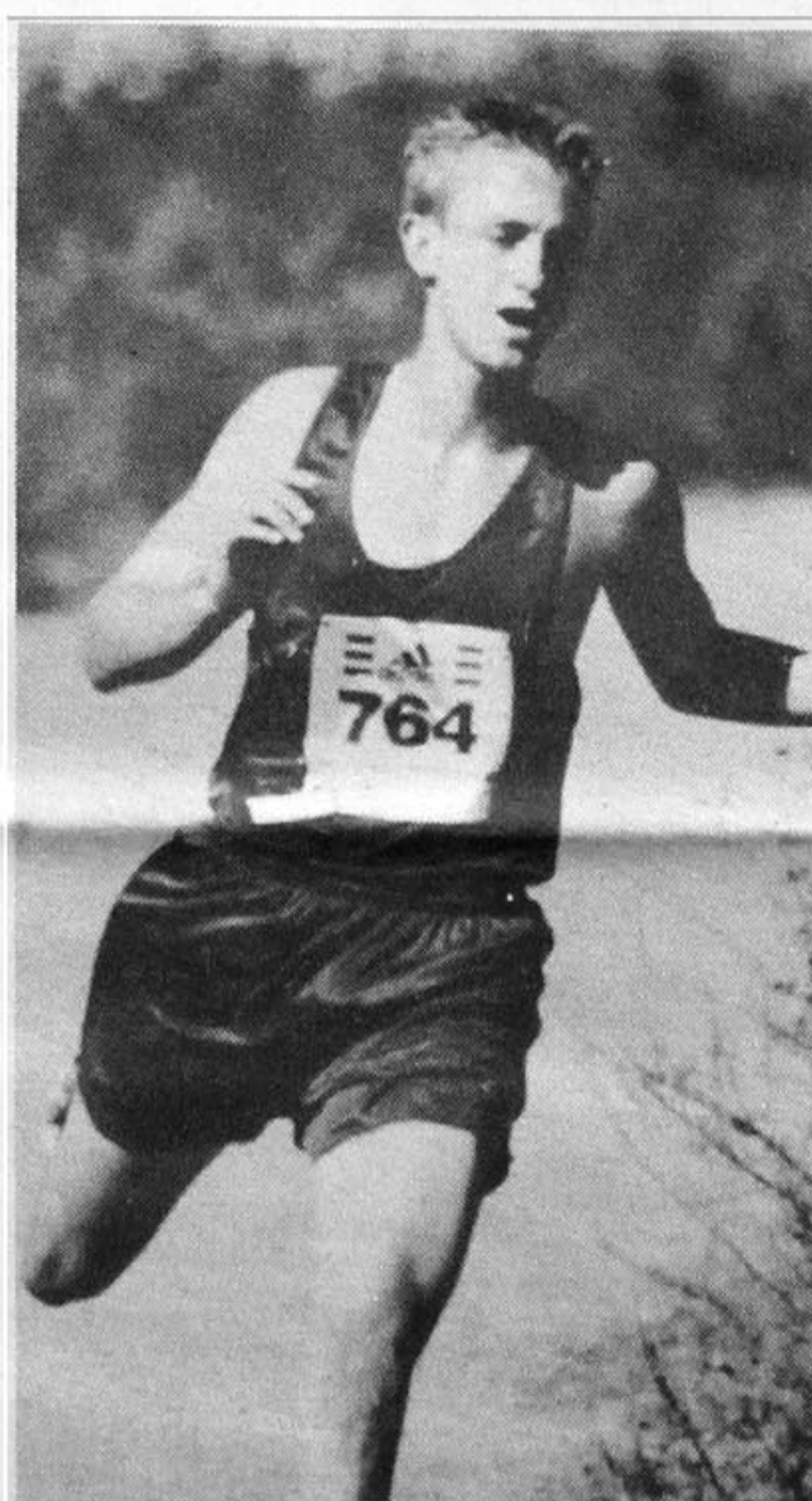
**TEAM SCORES:** Mt. Carmel 77, Scripps Ranch 102, Fallbrook 110, Sweetwater 124, San Pasqual 127, Rancho Bernardo 127 (San Pasqual had faster sixth runner).

#### INDIVIDUALS:

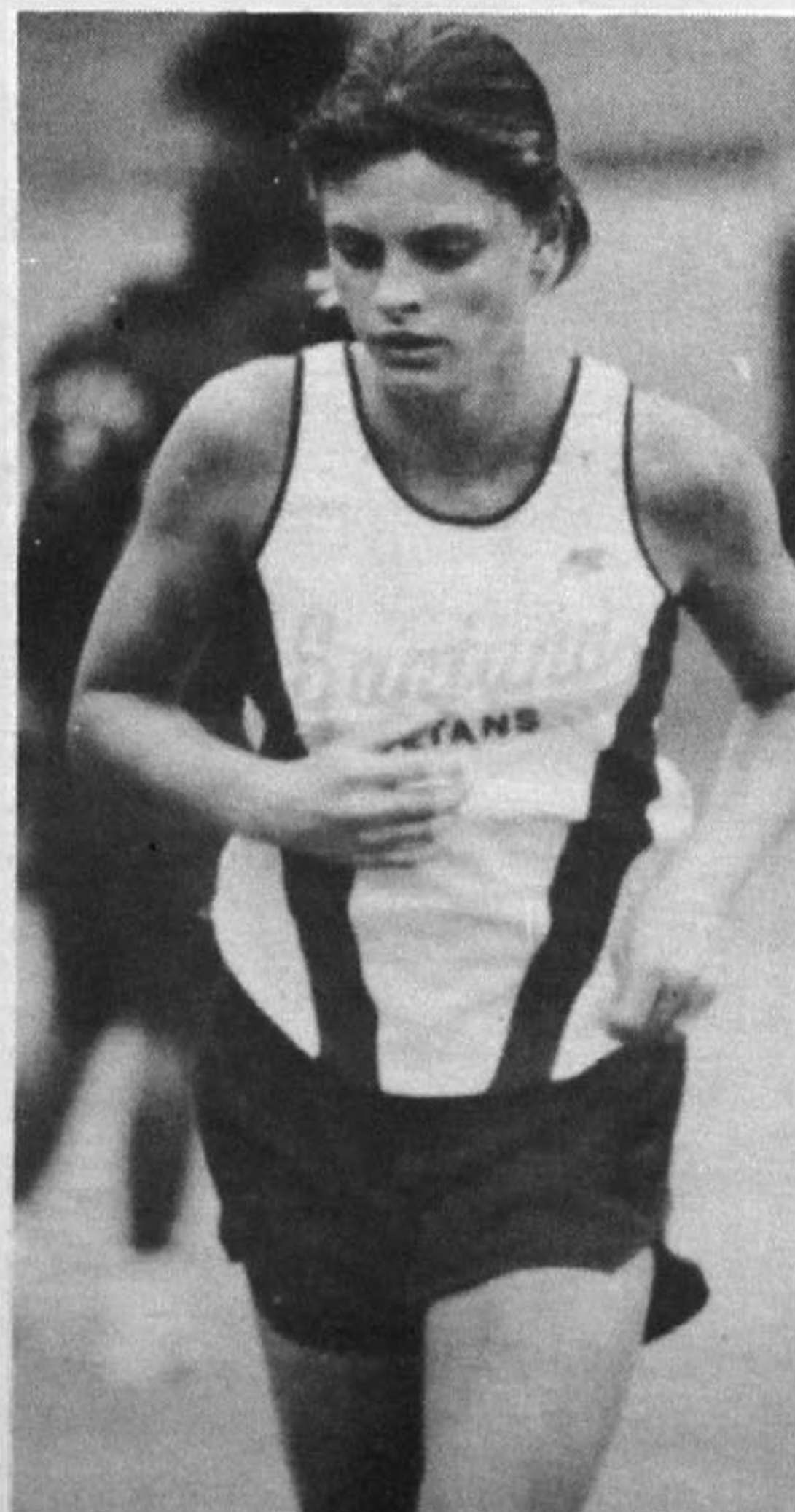
15:42 Sean Ricketts, Rancho Ber'do  
15:56 Michael Manzano, ChulaVsta  
16:01 David Santos, Valhalla  
16:05 Jon Rankin, Monte Vista  
16:10 Efrain Casarez, Fallbrook  
16:19 Raphael Machado, ScrippsRch  
16:23 Chris Kenyon, Mt. Carmel  
16:24 Alan Aradanas, MtC  
16:25 Brandon Zelones, Mira Mesa  
16:35 Ben Bruce, MtC  
16:37 Erik Kerby, San Pasqual  
16:38 Brendon Riordan, ScR  
16:40 Jose Escobedo, Fall  
16:40 Jonathan Buckley, MontV  
16:41 Justin Mattos, Fall  
16:42 Mike Comstock, ScR  
16:43 Ruben Vences, Sweetwater  
16:44 Matt Johnson, SP  
16:45 Abdirizak Abdi, Sweet  
16:47 Navid Hassanzadeh, TorreyPn  
16:56 Charles McKeown, UniverCity  
16:58 Jonathan Hester, ScR  
17:00 Joe DuPee, SP  
17:02 Mike Shannon, RB  
17:04 Abadir Barre, MtC  
17:07 Luis Reyna, Sweet  
17:08 John Bentley, MtC  
17:09 Jake Fulton, RB  
17:10 Mark Dionela, Sweet  
17:11 Cameron Sanders, RB  
17:11 Chris Burnham, Carlsbad  
17:11 Trevor Mulvey, Carls  
17:12 Jovany Sotelo, Sweet  
17:16 Alfredo Sosa, La Costa Cnyn  
17:16 Lyle Driscoll, El Capitan  
17:16 Luis Mariscal, SP  
17:17 Davin Garlick, Fall  
17:19 Andres Padilla, CV  
17:19 Jesus Nunez, SP  
17:21 Freddy Espino, Fall  
17:21 Henry Lesperance, SP  
17:22 Kip Madden, Val  
17:27 Chris Gausepohl, Fall  
17:29 Ryan Crim, RB  
17:32 Matt Wexler, ScR  
17:33 Dan Tanks, RB  
17:38 Kevin Nolan, TP  
17:39 Jimmy Ungricht, Fall  
17:40 Eddie Sanchez, Sweet  
17:41 Alex Fromer, MtC  
17:xx Matt Raudaskoski, ScR  
17:44 Carbs Brown, UC  
17:46 Jose Guardado, Sweet  
17:52 Andy Campbell, RB  
17:54 Anerin Dunn, TP  
17:54 Chris Brindle, ScR  
17:55 Barrett Larson, LCC



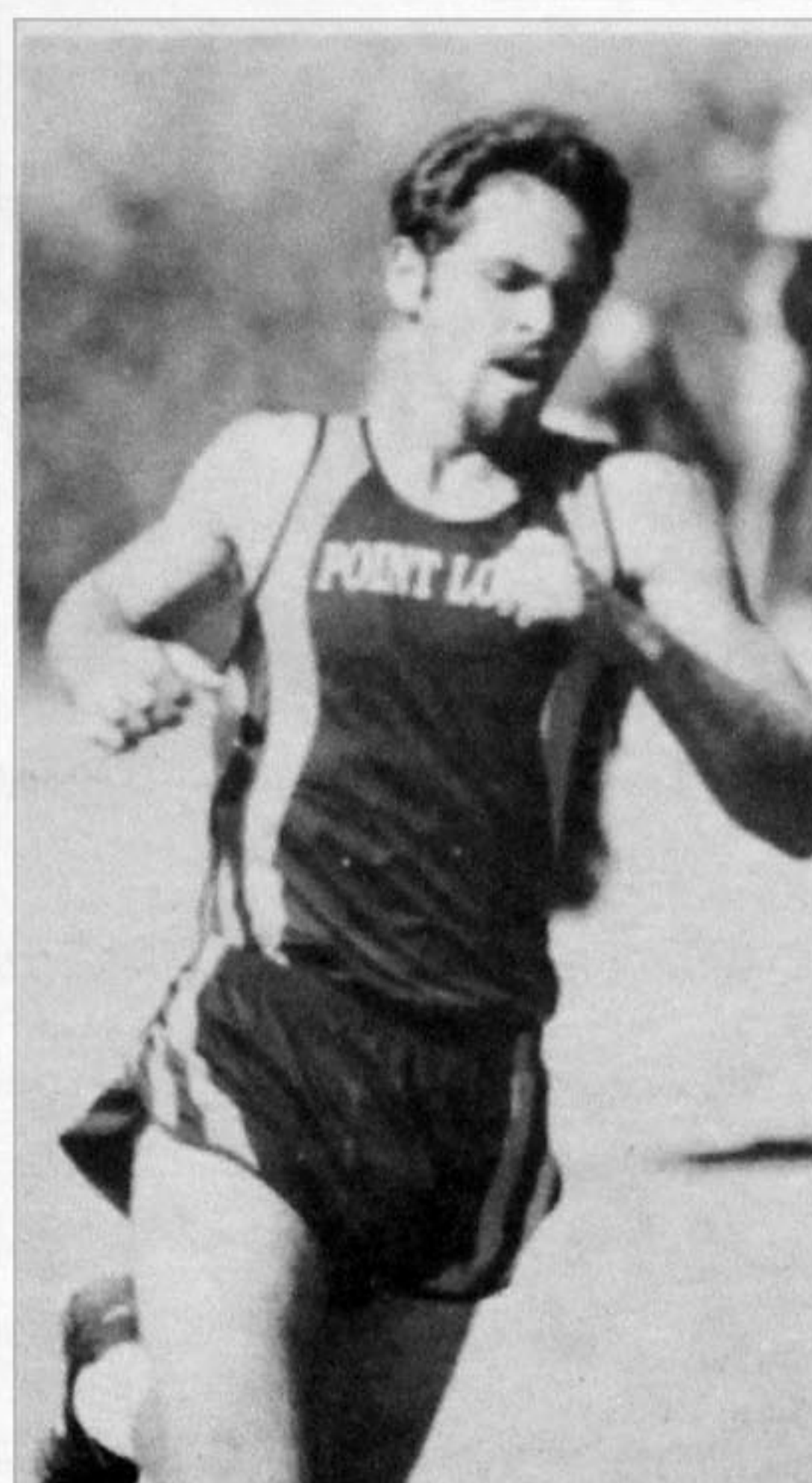
**Morgan Soule**  
La Costa Canyon



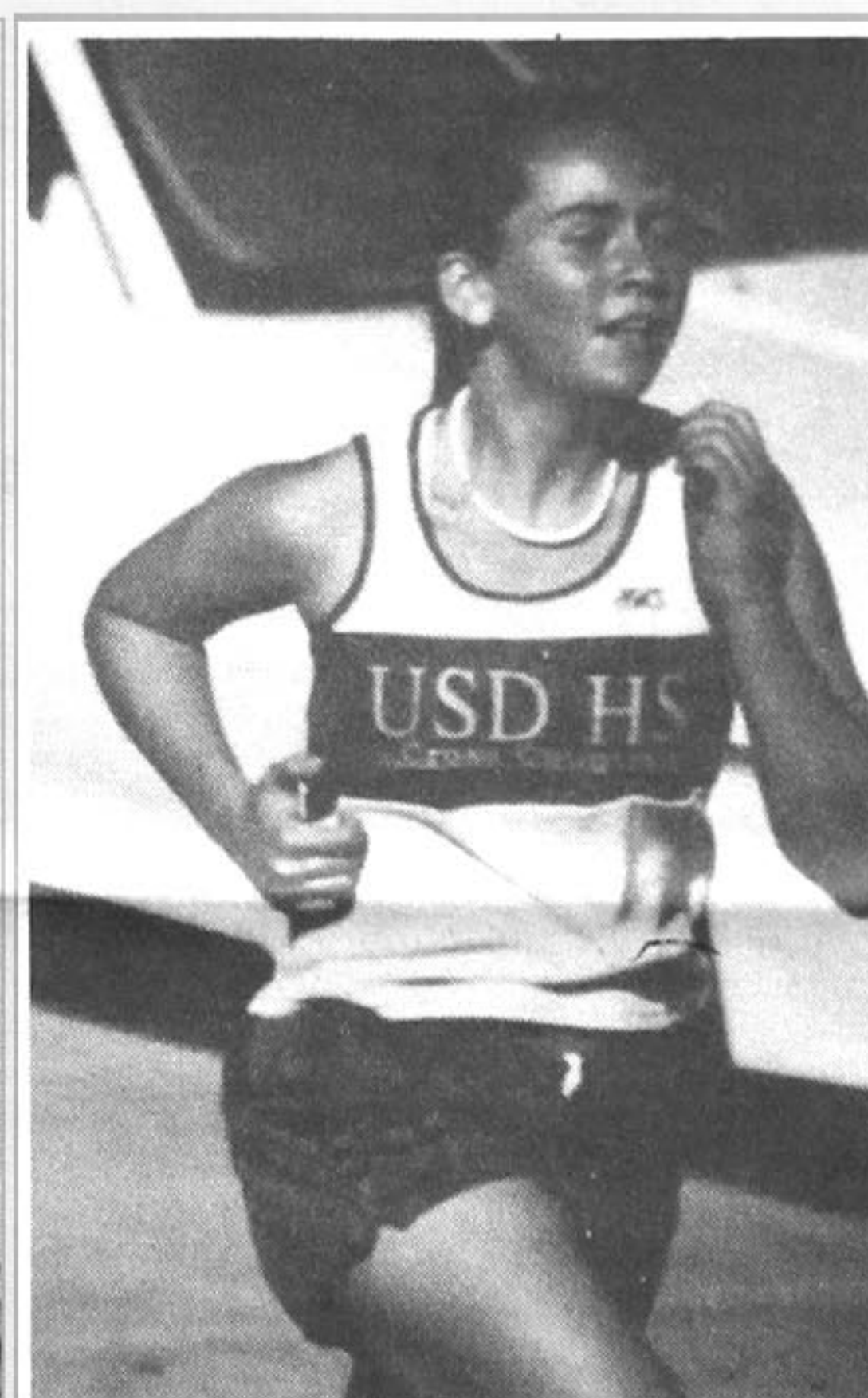
**Mark Pfizenmayer**  
University of San Diego



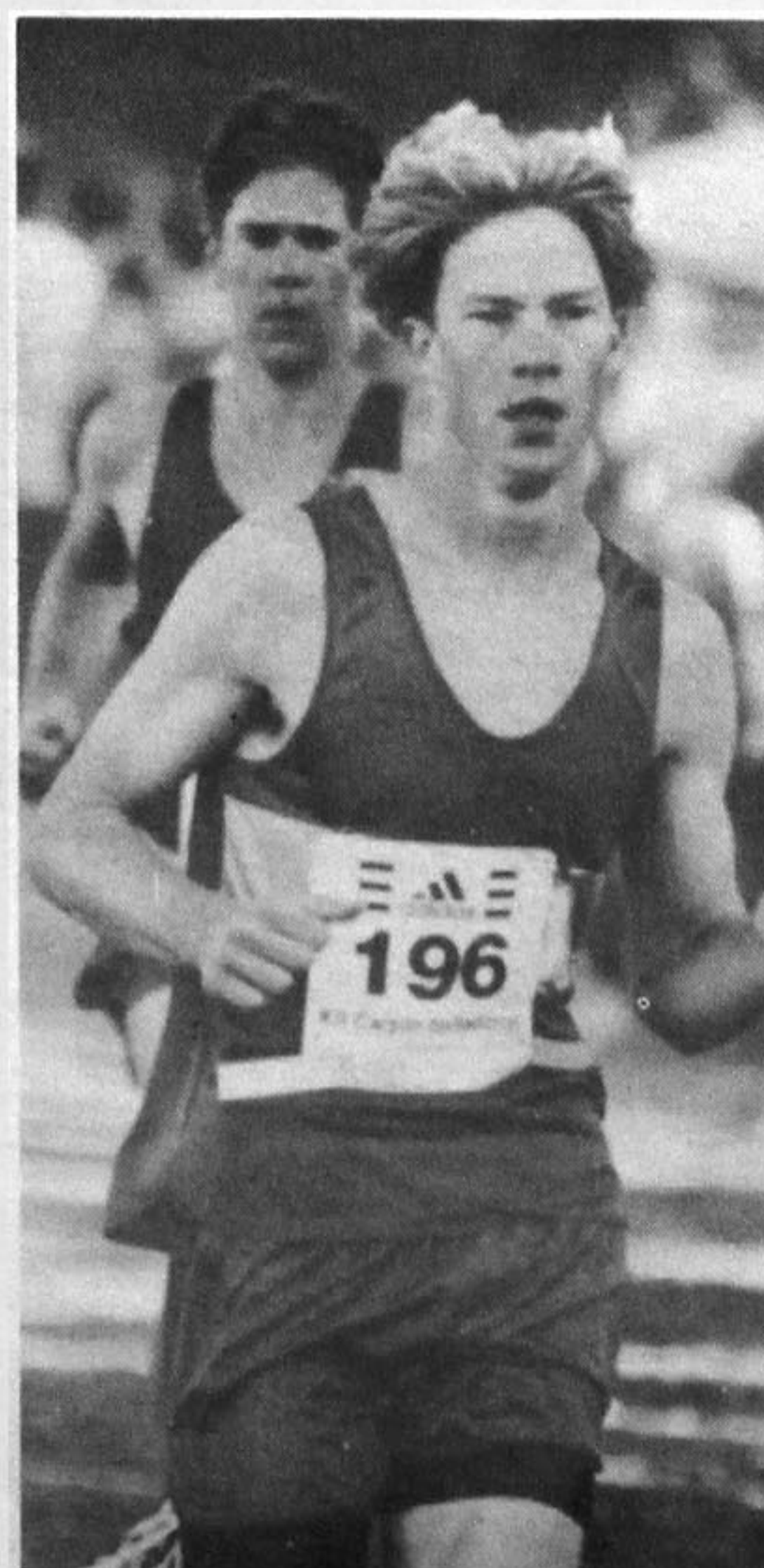
**Tanya Chapman**  
Santana



**Alex Hawk**  
Point Loma



**Lauren Senescall**  
University of San Diego



**Brandon Zelones**  
Mira Mesa

## RESULTS: Kit Carson Invitational - PAGE 7

18:00 Sean Mann, UC  
18:02 Jason Brown, Val  
18:05 Yuh-Kun Kawakami, TP  
18:07 Will Wisehart, SP  
18:09 Jose Garcia, CV  
18:10 Mike Ambrose, TP  
18:16 Stephen Daniels, Carls  
18:16 Ryan Dykmans, Val  
18:20 Josh Earhart, MM  
18:21 Robert Raney, Val  
18:23 Geoff Berlin, LCC  
18:24 Steve Christensen, LCC  
18:25 Kyle O'Donohue, MM

Finishers: 98

### VARSITY DIVISION II

**TEAMS:** Valley Center 49, Point Loma 82, University of San Diego 97, El Camino 117.

#### INDIVIDUALS:

16:34 Ryan Skerl, Valley Center  
16:47 Cooper Bachman, VC  
16:55 Peter Holland, Bishop's  
16:59 Todd Hough, VC  
17:04 Brian Thielen, UniversitySD  
17:04 Colin Cornforth, Oceanside  
17:06 Mike Ostler, El Camino  
17:06 Joe Robinett, Point Loma  
17:18 Mark Pfizenmayer, USD  
17:36 Alex Hawk, PTL  
17:38 Noe Castro, PTL  
17:40 Lorenzo Otero, Hilltop  
17:42 Matt Lindeman, Bish  
17:45 Gus Polito, VC  
17:45 David Saenz, Horizon  
17:49 Mike Billings, ElCam  
17:50 Jimmy Schroeder, Hill  
17:51 Michael Carini, USD  
17:58 Luke Haywas, ElCam  
17:59 Nathan Aginiga, Hill  
18:03 Paul Whitford, Coronado  
18:07 Mukhtar Abdulle, Hoover  
18:09 Dan Tapin, St. Augustine  
18:09 Yafet Abrama, Hoov  
18:10 Jonathan Griffith, Santana  
18:10 Jaime Mondragon, PTL  
18:13 Jeff McKnight, PTL  
18:15 Tony Illig, VC  
18:17 Victor Almanza, Sant  
18:20 Billy Burke, ElCam  
18:22 Steve Dalton, USD  
18:25 Andrew Piroutek, OrangeGlen  
18:26 Maurice Souza, PTL  
18:28 Paddy Tatusko, USD  
18:29 Spencer McBride, Ramona  
18:32 Billy Guinn, Sant  
18:34 Jason Thompson, VC  
18:35 James Wilson, Lutheran  
18:37 Alex Ooi, PTL  
18:39 Troy Stroh, VC  
18:44 John Silva, Eastlake  
18:45 Hani Khoshaba, ElCajonValley  
18:49 Mike Coreano, Hill  
19:00 Kyle Grosse, Ram  
19:01 Ashu Maharaj, ElCam  
19:05 Vernon Ng, East  
19:06 Tallen Sherrod, ElCam  
19:15 Brandon Phillips, OG  
19:16 Michael Scully, Sant  
19:17 Michael Hunter, Sant

Finishers: 100.

### JV Division I (Jr/Sr)

**TEAMS:** Mt. Carmel 17, Scripps Ranch 62, San Pasqual 71, Rancho Bernardo 99, Sweetwater 131.

#### INDIVIDUALS:

17:27 Sergio Esquivel, MtC  
17:27 Mike Klepper, MtC  
17:32 Steve Ryan, MtC  
17:33 Brandon Froehnoeff, MtC  
17:45 Freddy Nunez, SP  
17:52 Raul Gallarzo, Sweet  
17:54 David Esquivel, MtC  
17:56 Russell Crenshaw, ScR  
18:15 Paul Murray, ScR  
18:27 Jonathan Heuss, ScR

Finishers: 66.

### JV Division I (Frosch/Soph)

**TEAMS:** Mt. Carmel 45, Scripps Ranch 90, Chula Vista 95, El Capitan 102, Fallbrook 105.

#### INDIVIDUALS:

17:27 Benny Gandolfo, ElCap  
17:40 unid., MtC  
17:42 Eduardo Mariscal, CV  
17:43 Alex Casarez, Fal  
17:47 Mike Rentz, MtC  
17:51 Scott Perry, ScR  
17:52 Josh Andre, SP

Please turn to page 8.



# Kit Carson

From page 7.

- 17:54 Luke Willardson, MtC
- 17:47 Alan Willardson, MtC
- 17:58 Apolinar Mariscal, CV
- 17:58 Jesus Reyna, Sweet
- 17:59 Russell Edwards, ScR
- 18:04 Caleb Garlipp, ScR
- 18:09 Brian Jackson, Fall
- 18:10 Jesus Mariscal, CV

Finishers: 139.

## JV Division II (Jr/Sr)

**TEAMS:** Mountain Empire 55, University of San Diego 73.

## INDIVIDUALS:

- 18:45 Eric Castro, Ptl
- 19:14 Ed Schuh, MtnE
- 19:30 Jeff Weaver, Oc
- 19:37 Francisco Venegas, MtnE
- 19:39 James Bozner, Ptl
- 20:03 Curtis Martineau, VC
- 20:18 Chris Scott, VC
- 20:23 Ian Gay, USD
- 20:41 James Odle, VC
- 20:44 Brian ?, USD

## JV Division II (Frosh/Soph)

**TEAMS:** Point Loma 26, Valley Center 85, Oceanside 119, Orange Glen 150, Santana 158.

## INDIVIDUALS:

- 17:55 Ahmed Lane, Ptl
- 18:37 Filiberto Martinez, ECV
- 18:45 Joshua Ellis, Ptl
- 18:48 Dale Showers, Oc
- 18:49 Jose Sanchez, Oc
- 18:50 Brian Bradshaw, Ptl
- 18:50 Aaron Harper, Ptl
- 19:26 Pat Marsch, USD
- 19:29 John Watson, Ptl
- 19:33 Kyle Zabinsky, VC

Finishers: 66.

## GIRLS (2.6 miles):

### VARSITY DIVISION I

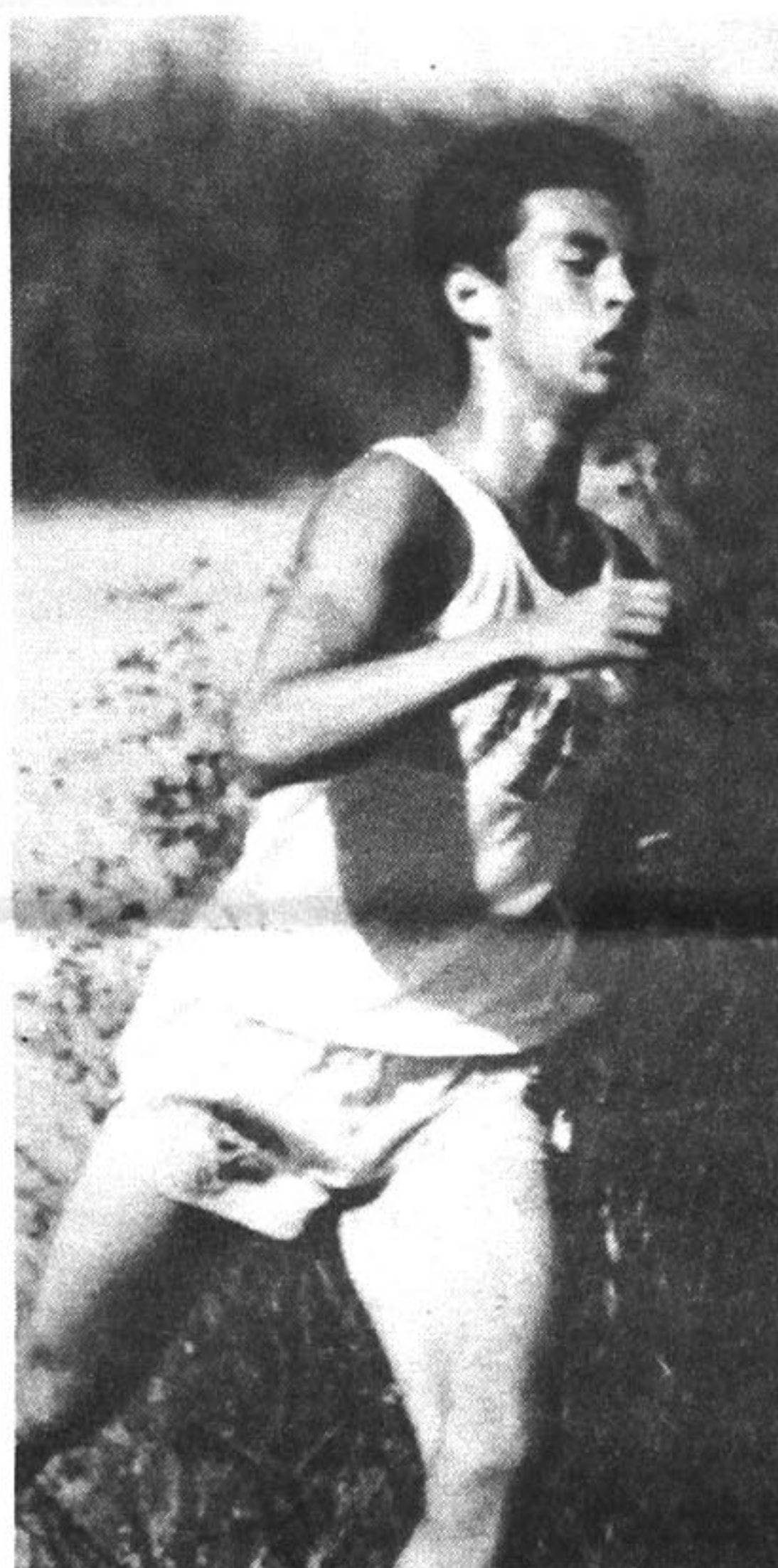
**TEAMS:** Mt. Carmel 42, Carlsbad 96, Fallbrook 97, University City 118, Torrey Pines 122.

## INDIVIDUALS:

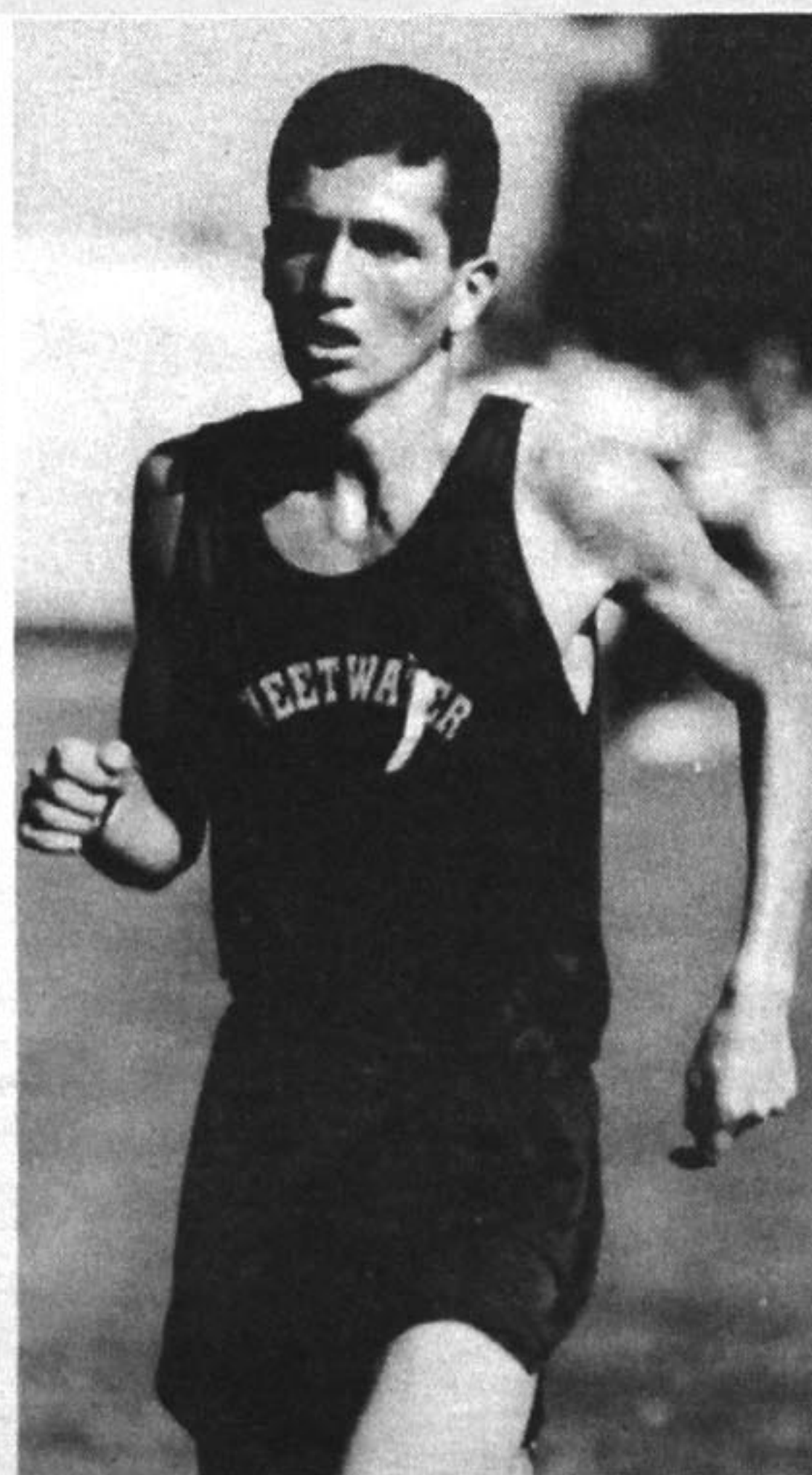
- 15:17 Julie Komosinski, TP
- 15:50 Janet Mulvey, MtC
- 16:05 Deanna Sick, MtC
- 16:09 Sophia Marquez, CV
- 16:16 Kim Croswell, Fall
- 16:17 Krista Romley, TP
- 16:17 Chessa Adsit-Morris, UC
- 16:23 Kelly Platko, Carls
- 16:25 Katie O'Connell, Carls
- 16:27 Ashlee Dere, MtC
- 16:29 Jasmine Marquez, ElCap
- 16:31 Manal Yamout, MtC
- 16:32 Katherine Ziegler, UC
- 16:34 Dori McGuire, MM
- 16:35 Audrey Harrer, MtC
- 16:37 Deanna Lynn, Carls
- 16:39 Talina Knochick, UC
- 16:39 Jamie Carmichael, Fall
- 16:39 Katie Boyd, RB
- 16:40 Morgan Soule, LCC
- 16:40 Maija Rohde, Fall
- 16:45 Mythili Duvvuri, CV
- 16:48 Kristi Pinnell, Val
- 16:50 Sara Cates, Carls
- 16:52 Karen Vasko, MtC
- 16:53 Krystin Winters, Fall
- 16:57 unknown
- 16:58 Amonica Phipps, Morse
- 17:01 Ashley Viens, Val
- 17:03 Genoveva Cruz, SP
- 17:04 Brenna Williams, TP
- 17:08 Julie Kermott, Val
- 17:10 Laura Cohen, UC
- 17:11 Monique Henderson, Morse
- 17:11 Laura Alessio, TP
- 17:12 Mikaelyn Austin, RB
- 17:14 Erica Schim, LCC
- 17:18 Lauren McCabe, LCC
- 17:23 Alyson Voltmer, Carls
- 17:25 Felisha Mariscal, CV
- 17:26 Amy Vasko, MtC
- 17:28 Lindsey Giolzetti, SR
- 17:28 Katie Croswell, Fall
- 17:28 Lesley Bravin, Val
- 17:29 Sarah Lochmiller, RB



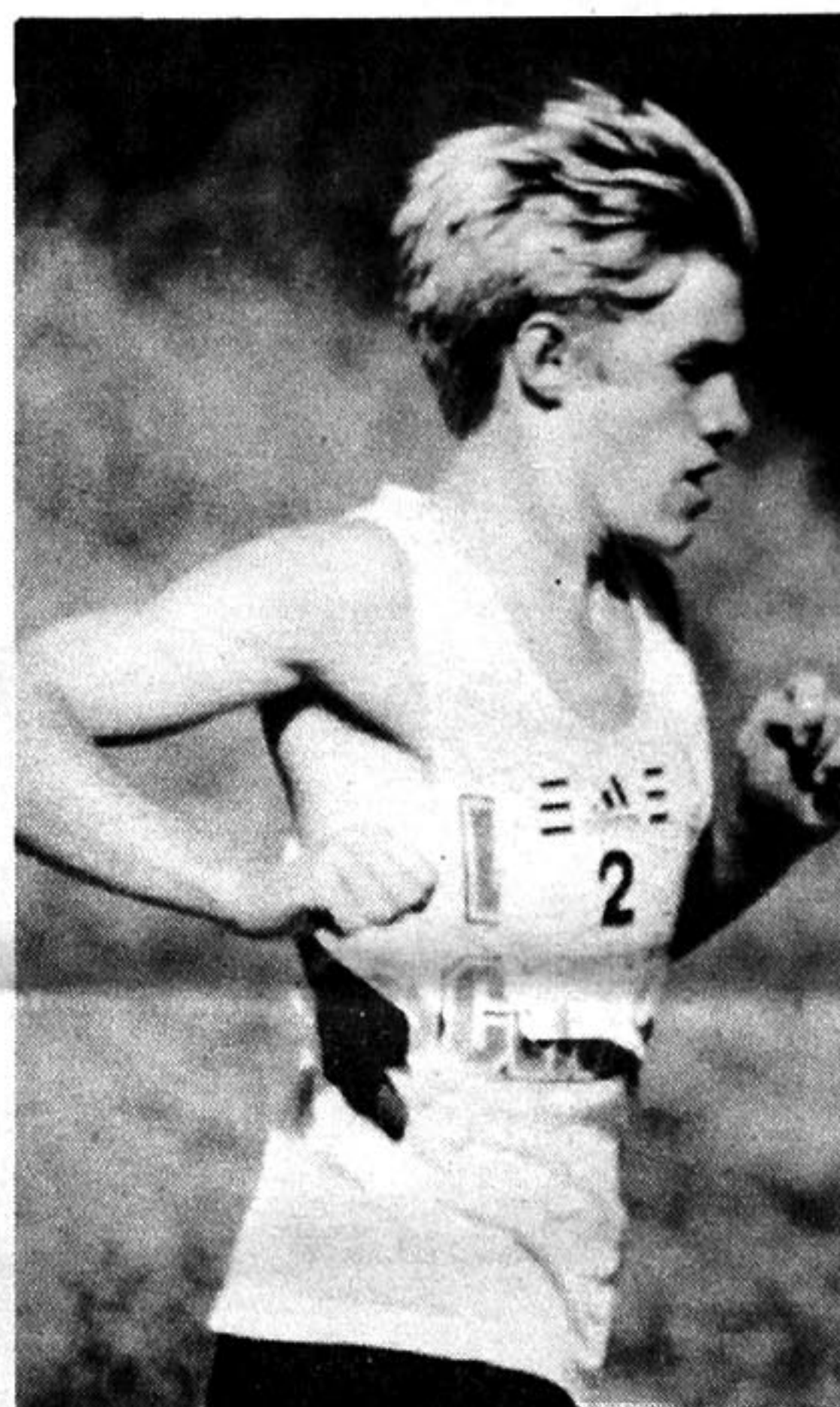
Allison Harden, Maria Cervantes  
Point Loma Orange Glen



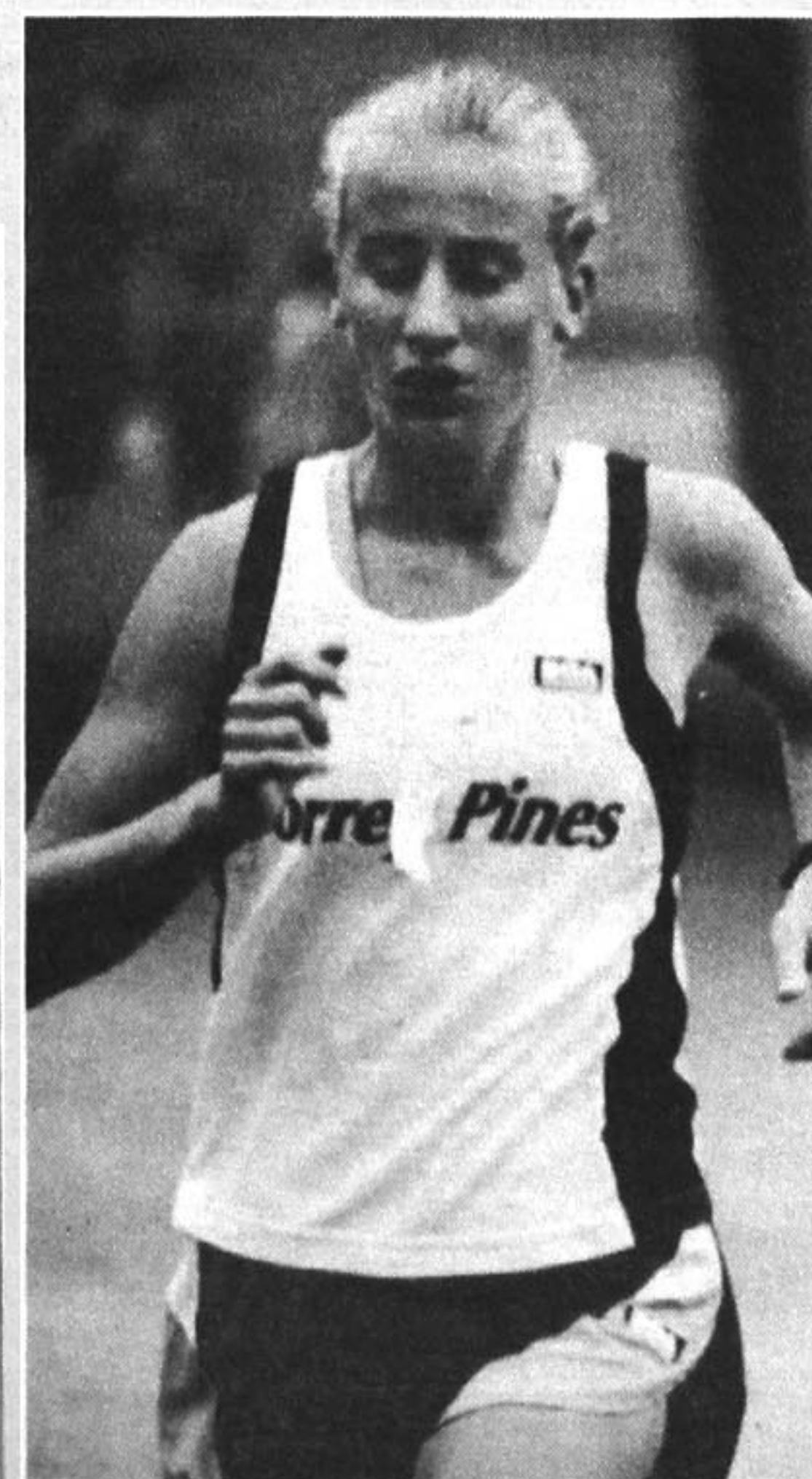
Mike Ostler  
El Camino



Luis Reyna  
Sweetwater



Cooper Bachman  
Valley Center



Laura Alessio  
Torrey Pines

- 17:30 Stephanie Casler, Val
- 17:32 Mallane Dressel, Carls
- 17:35 Rebecca McKeown, UC
- 17:38 Dorothy Trogler, TP
- 17:38 Lidia de Carvalho, UC
- 17:39 Kellee Duenas, SP
- 17:44 Leah Romero, RB
- 17:46 Emily Grant, ScR
- 17:46 Natalie Gattrell, ScR
- 17:51 Darla Reader, CV
- 17:52 Karissa Teitsch, UC
- 17:53 Emily Joller, RB
- 17:55 Cristina Diaz, Morse
- 17:56 Lynn Hernandez, CV
- 18:02 Elise Felt, MontV

Finishers: 102

## VARSITY DIVISION II:

**TEAMS:** Valley Center 48, Point Loma 74, University of San Diego 128, Santana 148.

## INDIVIDUALS:

- 15:36 Jenna Timinsky, SanDieguitoA
- 16:21 Diana Dibble, VC
- 16:23 Natalie Parks, Ptl
- 16:42 Anna Hough, VC
- 16:54 Lily Dowlatsahie, MtnEmpire

- 17:19 Emily Trepasso, Coro
- 17:31 Jamie Morasco, VC
- 17:38 Claire Beck, Our Lady Peace
- 17:49 Pati Romero, Eastlake
- 17:50 Allison Harden, Ptl
- 17:57 Maria Cervantes, OG
- 18:02 Tanya Chapman, Sant
- 18:10 Peeper Gilmore, Ptl
- 18:15 Keira DeVigne, Sant
- 18:16 Beth Ramenofsky, Bish
- 18:18 Laura-Lee Reid, VC
- 18:18 Sara Reid, Ptl
- 18:18 Lauren Senescall, USD
- 18:18 Alejandra Montiel, VC
- 18:20 Merlyn Diaz, Hoov
- 18:34 Lisha Burdick, VC
- 18:36 Patricia Venereo, OLP
- 18:40 Nicole Marsch, USD
- 18:41 Kiley Dunlap, Coro
- 18:43 Katie Kilcoyne, USD
- 18:46 Jaime Ransom, Sant
- 19:00 Amanda Thaete, Coro
- 19:02 Caitlin Kearney, USD
- 19:03 Elizabeth Smith, Julian
- 19:11 Kalen Albe, USD
- 19:18 Nicole Forbes, Ptl
- 19:21 Kristin Spivey, Ram
- 19:25 Elizabeth Cortez, Hoov
- 19:32 Denise Rosas, OLP
- 19:34 Mary Rose Manglicmot, East
- 19:38 Jessica ?, Hoov
- 19:38 Joy Whitson, Horizon
- 19:42 Evelyn Ruiz, Ptl
- 19:47 Jodie Linder, East
- 19:50 Julia Floresta, East

Finishers: 75.

## JV Division I

**TEAMS:** Mt. Carmel 79, Rancho Bernardo 97, Torrey Pines 109, Chula Vista 110, Valhalla 168.

## INDIVIDUALS:

- 16:52 Bertha Ojeda, CV
- 16:59 Lisa Dodd, MM
- 17:23 Monica Hubbard, ElCap
- 17:27 Daniela Fromer, MtC
- 17:37 Jessica Huepper, RB
- 17:42 Laurel Hanscom, Val
- 17:45 Sarah Dadkhah, MtC
- 17:48 Tessa Conner, TP
- 17:51 Kelli Jodoin, MM
- 17:53 Carolyn Crews, UC
- 17:56 Ashley Orr, TP
- 18:00 Kim Nessell, MtC
- 18:01 Kristin Woodward, Carls
- 18:03 Monica Lane, RB
- 18:04 Alexis Rodriguez, CV

Finishers: 137.

## JV Division II

**TEAMS:** El Camino 18, Orange Glen 100, Point Loma 131, Valley Center 144.

## INDIVIDUALS:

- 17:32 Slava Haywas, ElCam
- 18:25 Sabrina St. Laurent, ElCam
- 18:33 Rachael Leeder, ElCam
- 18:36 Rachel Osborne, ElCam
- 18:36 Courtney Watkins, MtnEmp
- 18:56 Shantae Jamison, Oc
- 19:19 Lupe Lopez, Hill
- 19:29 Monica Juarez, ElCam
- 19:35 Melissa Preston, VC
- 19:40 Brenda Mendez, ECV

Finishers: 44.



# MT. SAC: Poway, Vista run well in cookin' sweeps; McInvale at 14:53

Hilltop's Davila become fourth fastest local ever with 18:11; La Jolla girls come up BIG in DI-II Team Sweepstakes

Many of the county's fastest boys competed at the benchmark Mt. SAC Invitational last month, and most left an impression on the state's best teams.

Poway and Vista were third and fourth, respectively, in a very fast Division I team sweepstakes race, which was won by Ramona's Matt McInvale at 14:53.

The Mt. SAC course, famous for its hills, is a 2.95-mile layout.

McInvale got the race off to a flying start, moving to a 4:29 for the first mile, which is the only part of the race that is flat. At that point, he had already established a lead of "six or seven yards," according to Ramona coach Dave Wilson.

He pushed the pace on the next series of hills, moved to a big lead, and passed the two mile mark in about 9:28. His final time put him into a tie for ninth on the all-time performer list.

In the next race, Ventura's Josh Spiker clocked a 14:42 in the Individual Sweeps race, for the day's fastest time.

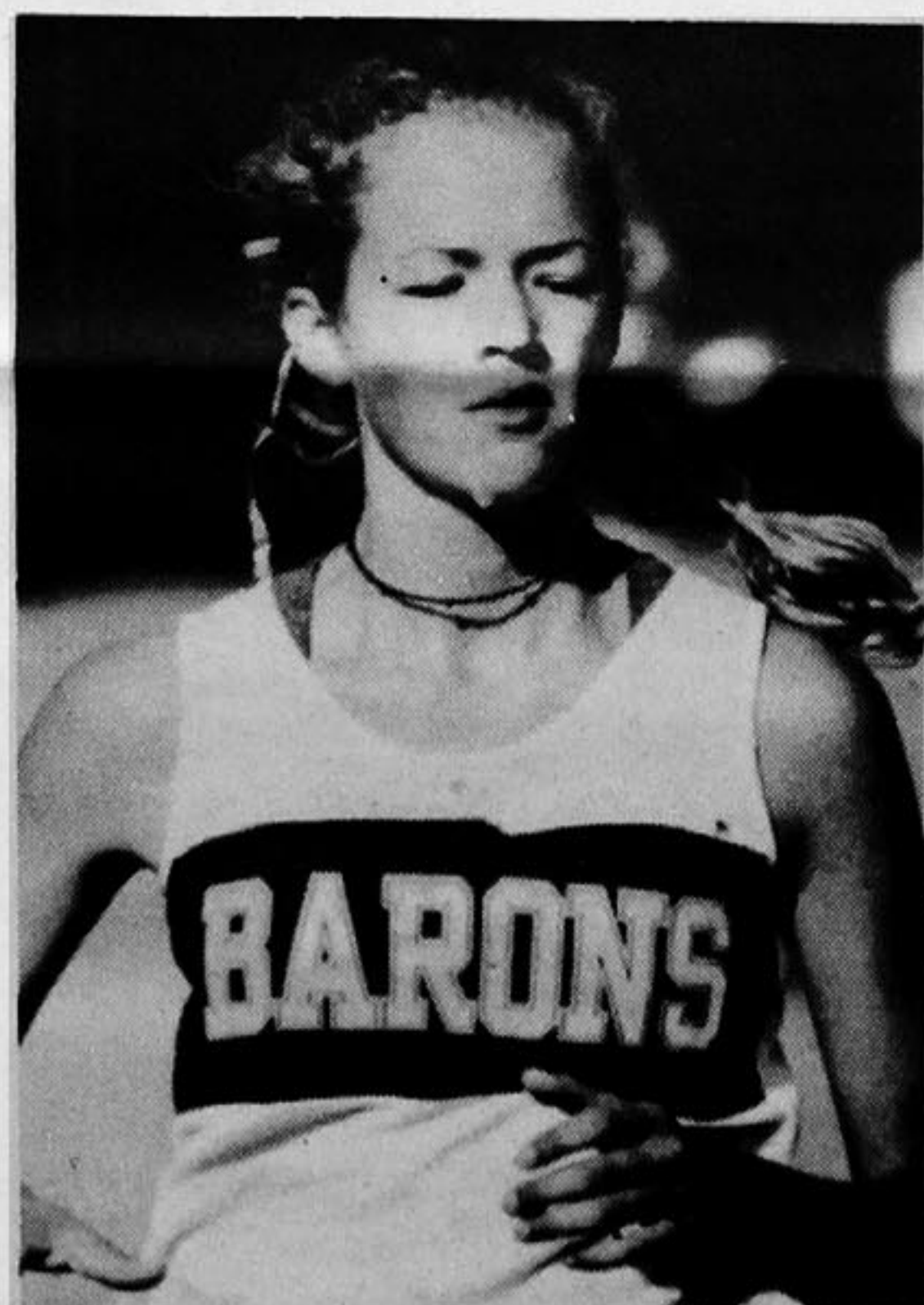
The team sweeps featured most of the best boys teams in the state, including the top three ranked local teams: Vista, Poway and West Hills.

Don Lugo of Chino won the team title impressively (88 points), placing three in the top 15. The next group was very competitive, with Clovis (133), Poway (136) and Vista (152). West Hills was tenth, scoring 237 points, and Ramona, a Division II school, was 17th.

Poway used their great pack running to put themselves in the top spot in the county, and in team



**Scott Davis**  
La Jolla



**Trinity Amalfitano**  
Bonita Vista

contention at the state level.

Josh Pope led the Titans with a 15:46, and it only took 0:18 more seconds for the fifth Poway runner to finish.

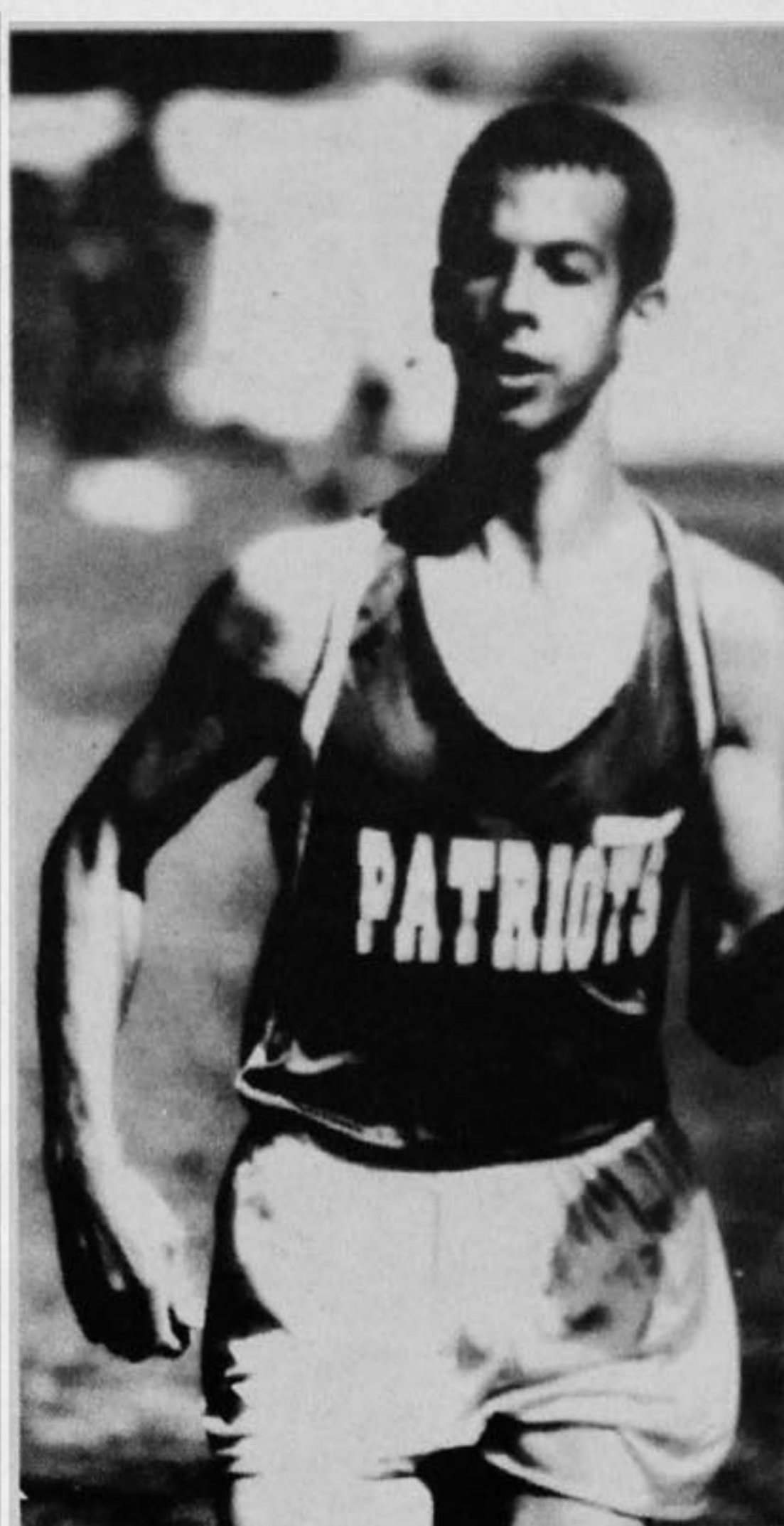
The group included Pat Prunty (15:53), Tim Helms (15:55), Aaron Powell (16:03) and Luke McGinnis (16:04).

Vista and West Hills had great up-front runners, but could not come close to matching Poway's great pack effort.

Vista's Justin Neuroth was sixth in 15:23, Jared Emmons was ninth in 15:26, and Ryan Montez was 17th at 15:38.

For West Hills, Evan Fox was eighth in 15:26, and Ben Aragon was 15th in 15:35.

"We ran the best sweepstakes race in Poway history," Titan coach Dan Schaitel said. "I think it



**David Marshall**  
Patrick Henry



**Jimmy Retherford**  
San Marcos

was the best one-two San Diego combination ever."

The Poway and Vista squads had been looking forward to this confrontation for weeks, posting good-natured trash talk on the internet, and skipping the Southern Cal Invite.

"We responded to (the big race atmosphere)," Schaitel said. "We accomplished what we wanted to do. It was a pleasure to be part of it."

Vista actually had a faster team time in the race than the Poway group, but that only served to emphasize the importance of having five strong runners.

West Hills might be a bit closer to Vista and Poway the next time they get together.

Fox, who had some health problems during the race, "was not quite at his best," Wolfpack coach Pat Connolly said.

Also, soph Kevin Schible, who has recently moved into the third spot for the Pack, ran into big trouble on Reservoir Hill. Schible was running third for the team, and in the top 30 in the race, when he took a fall and was trampled by some other runners. He finished way, way back.

"He looked pretty beat up," Connolly said.

Ramona's team, behind McInvale, ran well enough to put the Bulldogs into the team picture in the CIF Division II finals.

Soph Jon Shellhammer (16:40), soph Carlos Sanchez (16:41), junior Kenny Lawrence (16:41) and freshman Richard Clingman (16:42) ran an incredibly tight pack of four.

Ramona's team time was 81:36, which compares favorably to Division II favorite La Jolla, who ran 83:09 in another race.

The Vikings, who are coming on strong, won a Division II varsity race behind the efforts of junior runners Scott Davis (second in 16:14) and Chris Ferrier (fourth in 16:16), and senior Eric Koster (fifth in 16:19).

"We felt we had something to prove," Viking coach Chuck Boyer said. La Jolla had looked listless in losing a one-sided dual to St. Augustine two weeks earlier, but they looked like a different group at Mt. SAC. They rode the momentum into the next week, and had a big dual win over Scripps Ranch.

In the Individual Sweeps race, which was won by Spiker in the meet's fastest time, San Marcos' Travis Laird ran fifth in 15:27.

"He tried to run with Spiker for the first mile, which was 4:24," San Marcos coach Kyle Billings said. "He faded a bit after that, but he recovered and finished strong."

Most of the San Diego Section's best girls teams stayed home, but there were some notable efforts.

Hilltop's Desiree Davila was fifth in the Individual Sweeps race, running 18:11. The race was won by Montgomery's Sara Bei, in 17:02, and three other girls also broke 18 minutes.

Davila's time was the fastest at Mt. SAC by a San Diego runner since Fallbrook's Milena Glusac set a course record (since broken) there in 1992. Only Glusac, Kira Jorgensen and Vista's Sandy Blakesley, among locals, have run faster on the course than Davila, according to available data.

La Jolla's girls ran very strongly in the Division I-II team sweeps race, taking third place behind San Lorenzo Valley and Corona del Mar.

The Vikes were led by Desiree Leek (19:12), Michelle Guerrero

**Please turn to page 10.**



# Mt. SAC

From page 9.

(19:22), Maggie Sass (19:29) and Liz Edwards (19:36).

It was the best team effort by San Diego girls since the 1996 Fallbrook girls team was third in the team sweeps. That team included Tricia Mattson (19:27), Cathy Picha (19:33), Kim Crosswell (19:35), Katie Hauck (19:36), and Kristen Brown (20:07).

In both cases it resulted in the teams moving well up in the state rankings. La Jolla is now number two in Division II (they entered the race at number ten). In 1996, Fallbrook also moved up to number two (in Division I).

Poway's and Vista's boys both enhanced their state reps, as the state rankings were virtually a copy of the boys sweeps results.

La Jolla's and Ramona's boys also rode well up the charts, based on the Mt. SAC race.

Another team that got some notice was Calvin Christian's boys team in the Division V sweeps.

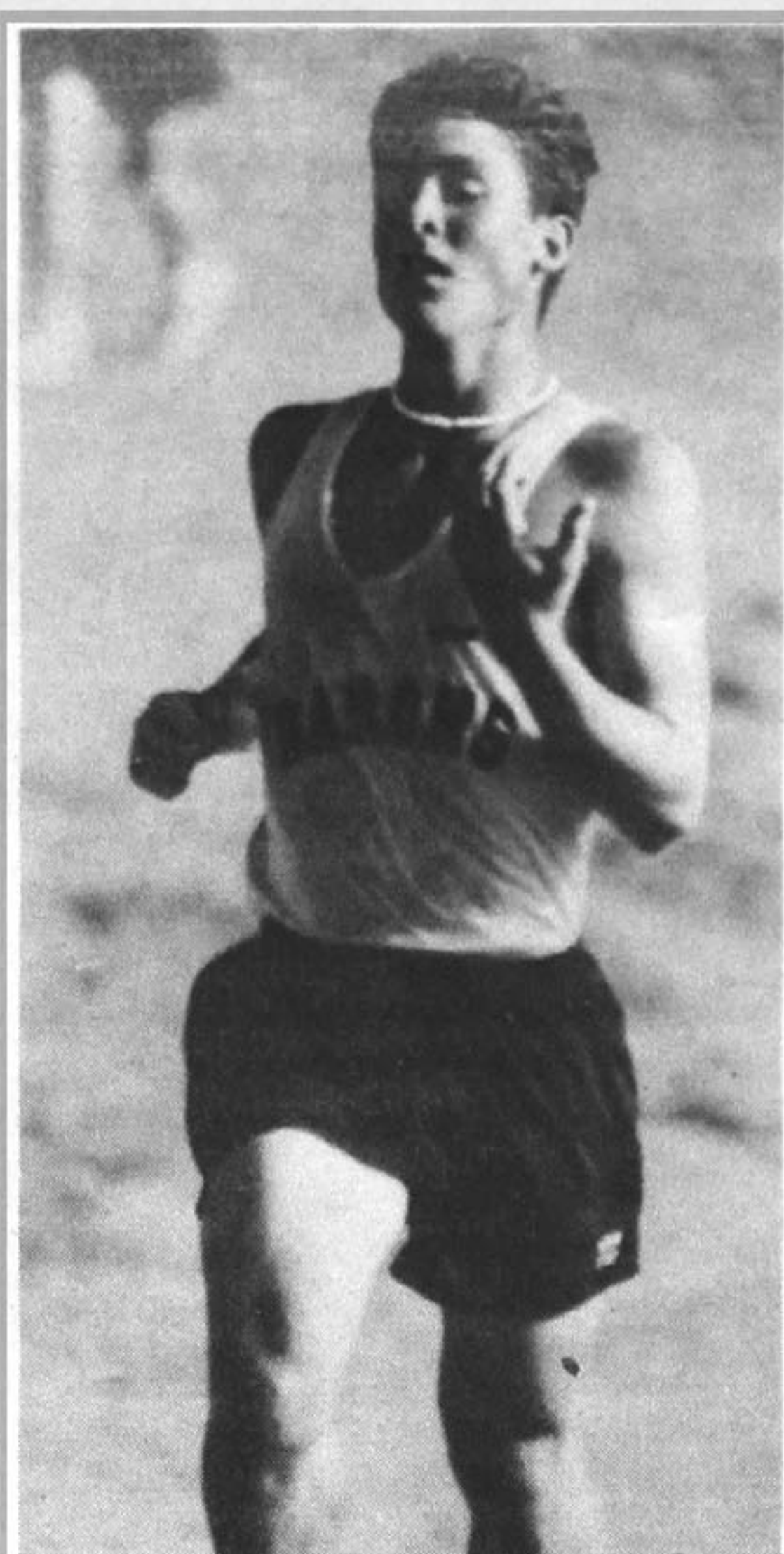
They were ranked on the fringes of the top ten before the race, but they ran fourth in the team race (third team from California), and the state rankings were adjusted to agree with that finish. And, like Poway, they are well within striking distance of the team just ahead of them. Desert Christian of Lancaster was seven points ahead of the Crusaders in third place.

## The Results:

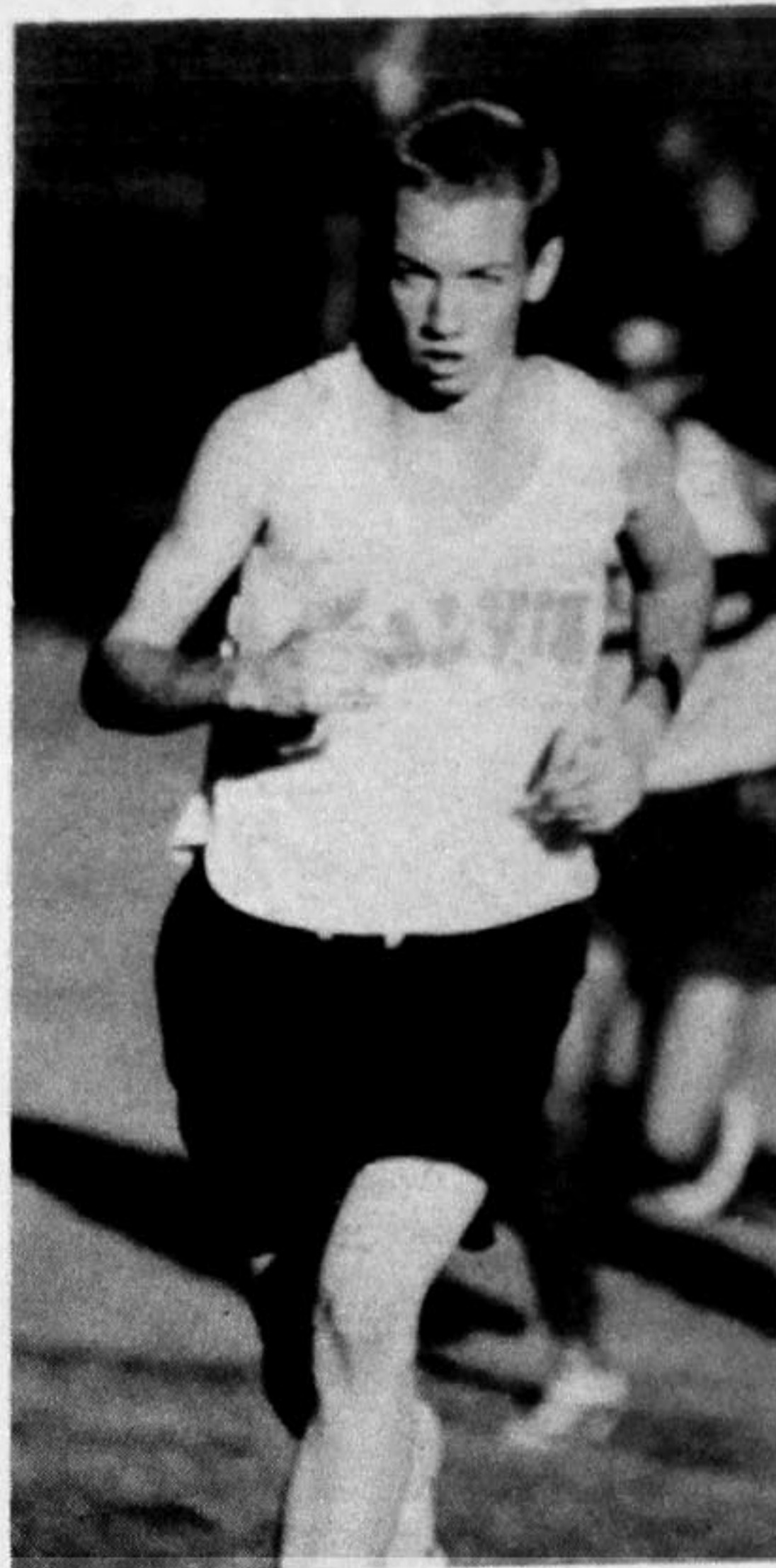
### BOYS (2.95 miles):

Top thirty-five San Diego Section runners, from all races:

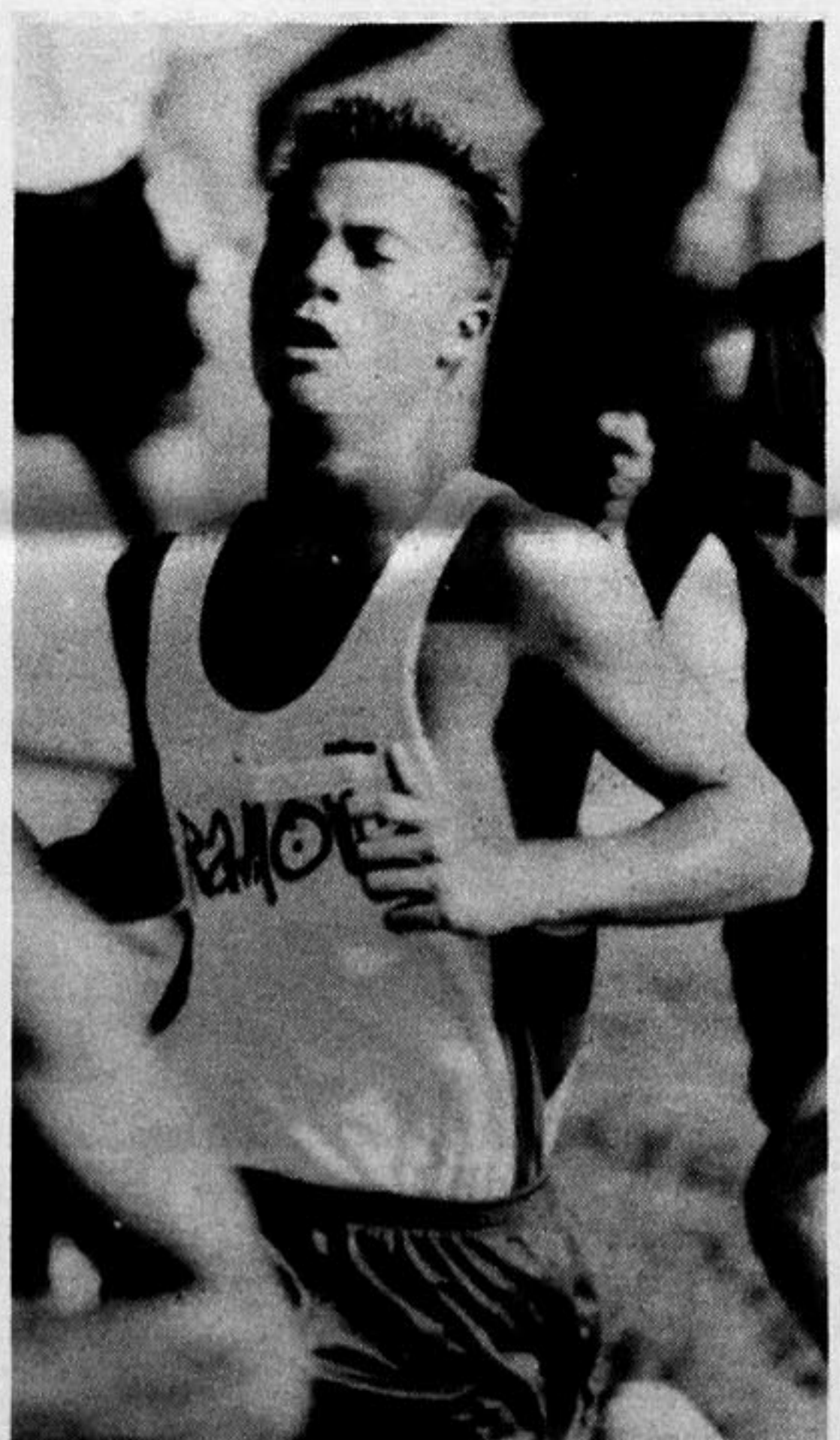
- 14:53 Matt McInvale, Ramona
- 15:23 Justin Neuroth, Vista
- 15:26 Evan Fox, West Hills
- 15:26 Jared Emmons, Vista
- 15:27 Travis Laird, San Marcos
- 15:35 Ben Aragon, West Hills
- 15:38 Ryan Montez, Vista
- 15:46 Josh Pope, Poway
- 15:53 Pat Prunty, Poway
- 15:55 Tim Helms, Poway
- 16:03 Aaron Powell, Poway
- 16:04 Luke McGinnis, Poway
- 16:14 Scott Davis, La Jolla
- 16:15 Taylor Williams, Helix
- 16:16 Chris Ferrier, La Jolla
- 16:18 Ramon German, Vista
- 16:18 Dan Sutton-Kane, West Hills
- 16:19 Devin Lyons-Quirk, Poway



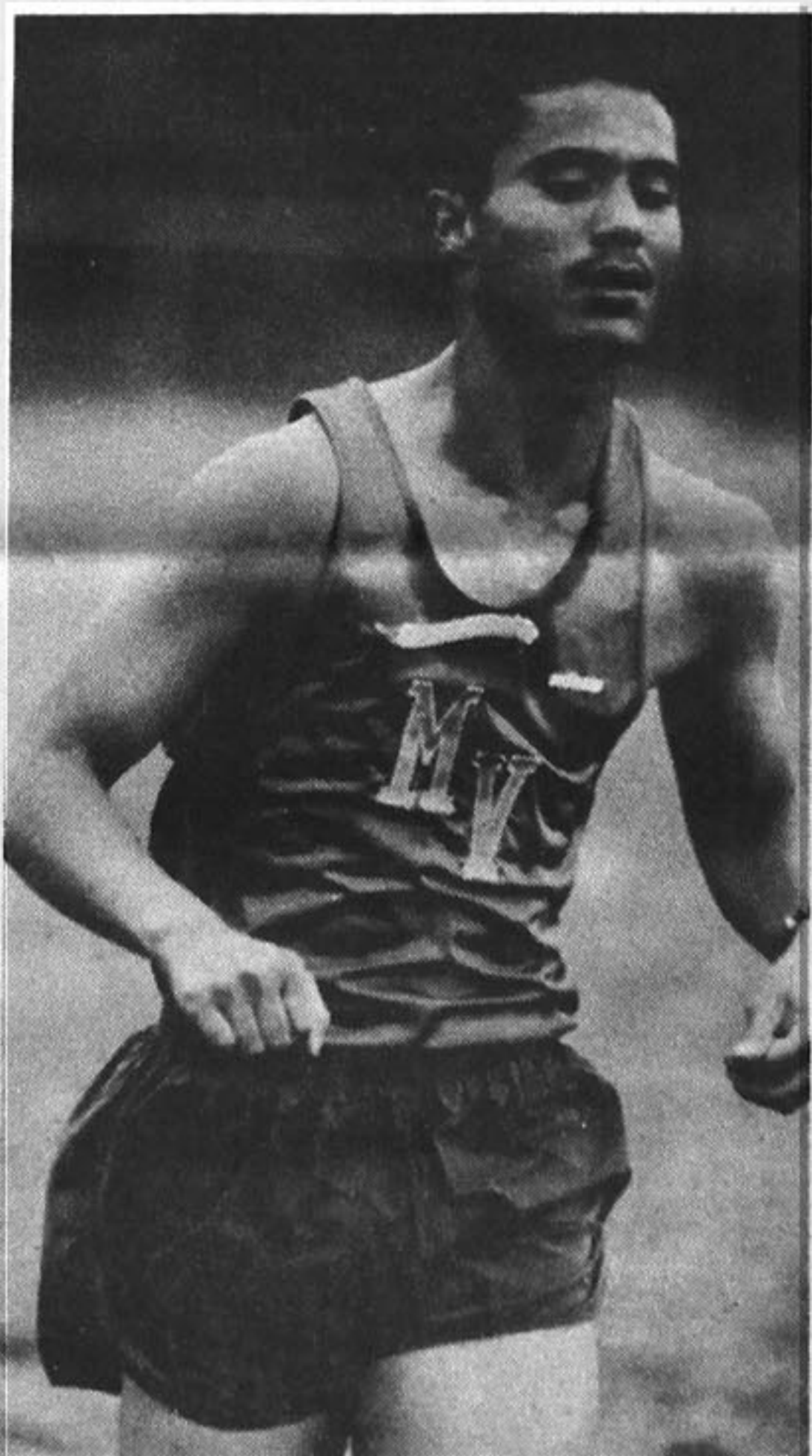
**Dustin Whitson**  
Bonita Vista



**Jessie Shipley**  
Calvin Christian



**Jon Shellhammer**  
Ramona



**Pedro Rivas**  
Mar Vista

- 16:19 Eric Koster, La Jolla
- 16:22 Bryan Bauerle, West Hills
- 16:23 Aaron Hernandez, Bonita Vista
- 16:23 Blake Swier, Mar Vista
- 16:28 Mark Baddas, Vista
- 16:29 Joe Aguilar, Vista
- 16:31 Musie Meche, Helix
- 16:37 Matt Heibel, Grossmont
- 16:40 Jon Shellhammer, Ramona
- 16:41 Carlos Sanchez, Ramona
- 16:41 Kenny Lawrence, Ramona
- 16:42 Richard Clingman, Ramona
- 16:44 Will Kramer, Army Navy Ac
- 16:44 David Ignacio, San Marcos
- 16:46 Aaron Trunnell, RBV
- 16:46 Tim McKeon, West Hills
- 16:50 Irving Franklin, Vista

### THE FASTEST SAN DIEGO TEAMS: (Total time of fastest five runners in varsity race.)

- 79:15 Vista
- 79:42 Poway
- 81:36 Ramona
- 83:09 La Jolla
- 84:23 San Marcos
- 85:49 Bonita Vista
- 86:17 Rancho Buena Vista

- 15:02 J. J. Duke, Clovis
- 15:17 Neil Davis, Bellarmine Prep
- 15:20 Fernando Cabada, Buchanan
- 15:22 Arturo Garcia, Don Lugo
- 15:23 Justin Neuroth, Vista
- 15:24 Aaron Durham, LB Poly
- 15:26 Evan Fox, West Hills
- 15:26 Jared Emmons, Vista
- 15:29 Brannos, Edison (HB)
- 15:30 Mike Serratos, Don Lugo
- 15:31 Henok Mulugeta, Belmont
- 15:32 Oscar Mendez, LB Poly
- 15:34 Nick Branen, Don Lugo
- 15:35 Ben Aragon, West Hills

### Other San Diego area runners:

- 15:38 Ryan Montez, Vista (17)
- 15:46 Josh Pope, Poway (18)
- 15:53 Pat Prunty, Poway
- 15:55 Tim Helms, Poway
- 16:03 Aaron Powell, Poway
- 16:04 Luke McGinnis, Poway
- 16:18 Ramon German, Vista
- 16:18 Dan Sutton-Kane, WHills (54)
- 16:19 Devin Lyons-Quirk, Poway
- 16:22 Bryan Bauerle, West Hills (61)
- 16:28 Mark Baddas, Vista
- 16:29 Joe Aguilar, Vista
- 16:40 Jon Shellhammer, Ramona
- 16:41 Carlos Sanchez, Ramona
- 16:41 Kenny Lawrence, Ramona
- 16:42 Richard Clingman, Ramona
- 16:46 Tim McKeon, West Hills (99)
- 16:50 Irving Franklin, Vista
- 16:51 Jon Aguilar, West Hills (108)
- 17:02 Ricky Roane, Ramona
- 17:02 Kevin Schible, West Hills (120)
- 17:09 Jeff Lucas, Poway
- 17:35 David Del Llano, Ramona

### INDIVIDUAL SWEEPS:

#### TEAMS:

- 1. Canyon Country, 179.
- 13. San Marcos, 361.

#### INDIVIDUALS (Top 5):

- 14:42 Josh Spiker, Ventura
- 15:17 Osvaldo Pina, Lakewood
- 15:20 Macia, Delano
- 15:26 Campos, LAM
- 15:27 Travis Laird, San Marcos

### Other San Marcos runners:

- 16:44 David Ignacio
- 17:00 Chris Harris
- 17:31 Isaac Chitica
- 17:38 Jimmy Retherford

### DIVISION I VARSITY, RACE 2:

#### TEAMS:

- 1. El Toro, 45.
- 2. Bonita Vista, 126.

### Bonita Vista runners:

- 16:45 Aaron Hernandez
- 16:59 Dale Houser
- 17:06 Dustin Whitson
- 17:15 Sven Meza
- 17:41 Josh Cimenski
- 18:02 Craig Barclift
- 18:47 Austin Neudecker

### DIVISION II VARSITY, RACE 1:

#### TEAMS:

- 1. La Jolla, 71.
- 2. Placentia Valencia 146.

### La Jolla runners:

- 16:14 Scott Davis (2)
- 16:16 Chris Ferrier (4)
- 16:19 Eric Koster (5)
- 16:57 Brandon Behr (23)
- 17:20 Larry Koster (39)
- 17:36 Ryan Ableowitz (53)
- 18:15 Jonathan Dunbar (90)

### DIVISION V SWEEPSTAKES:

#### TEAMS:

- 34 Hopi, Ariz. (81:09)
- 114 Flintridge Prep (85:34)
- 174 Desert Christian, Lanc. (87:40)
- 181 Calvin Christian (87:53)
- 194 Calvary Chapel, Dwny (88:14)

### Calvin Christian runners:

- 17:08 Chad Young
- 17:13 Jesse Shipley
- 17:38 Darin Conner
- 17:54 Brandon DeYoung
- 17:59 Josh Vermaire
- 18:05 Aaron Faerber
- 19:24 James Mavis

### OTHER HIGHLIGHTS:

**Mar Vista's Blake Swier** ran 16:23 to win a Division III varsity boys race on Friday. The Mariners were sixth in the race.

**Army Navy's Will Kramer** ran 16:44 to take second in a Division 4/5

Please turn to page 11.

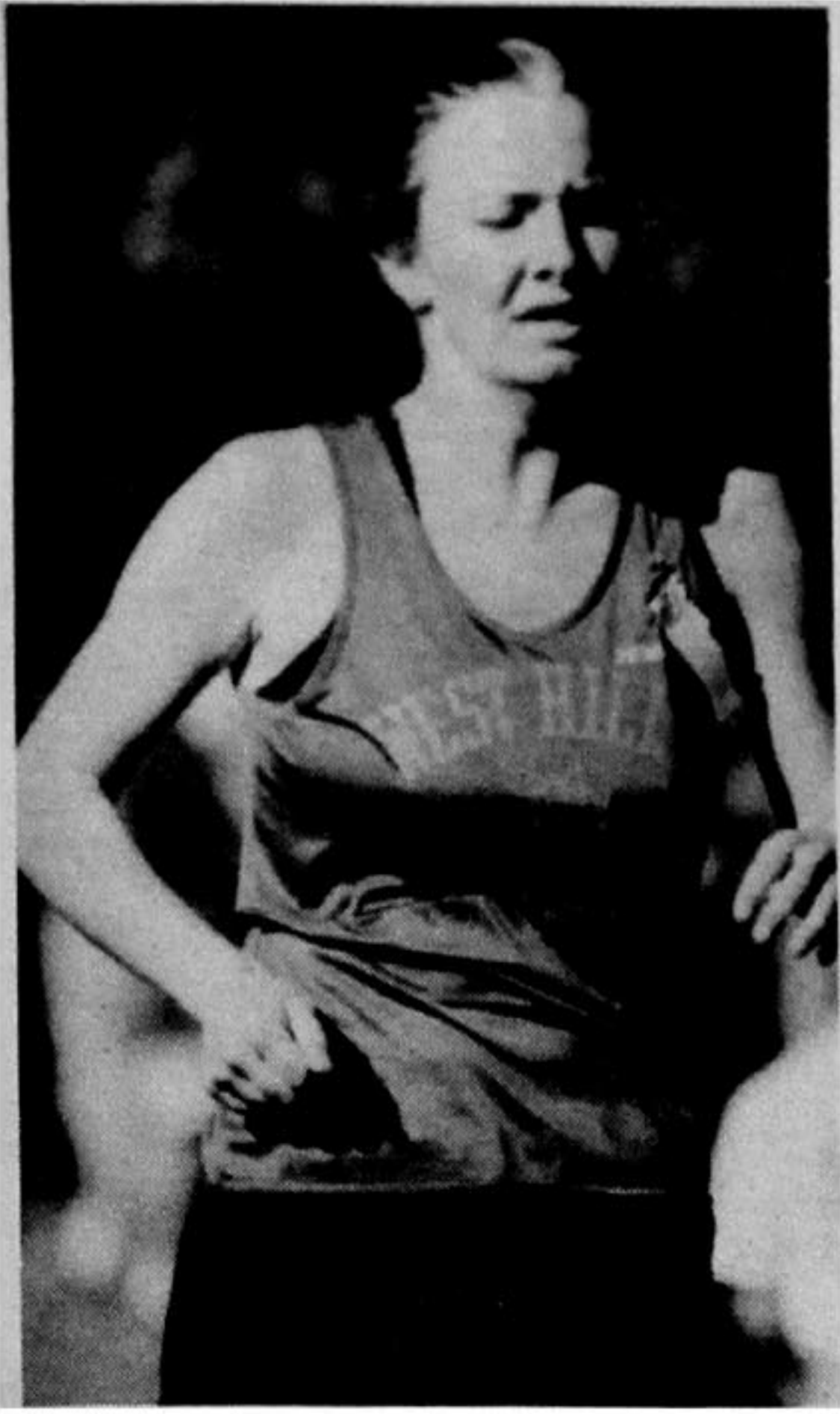
Next Issue:

Friday,  
November 19

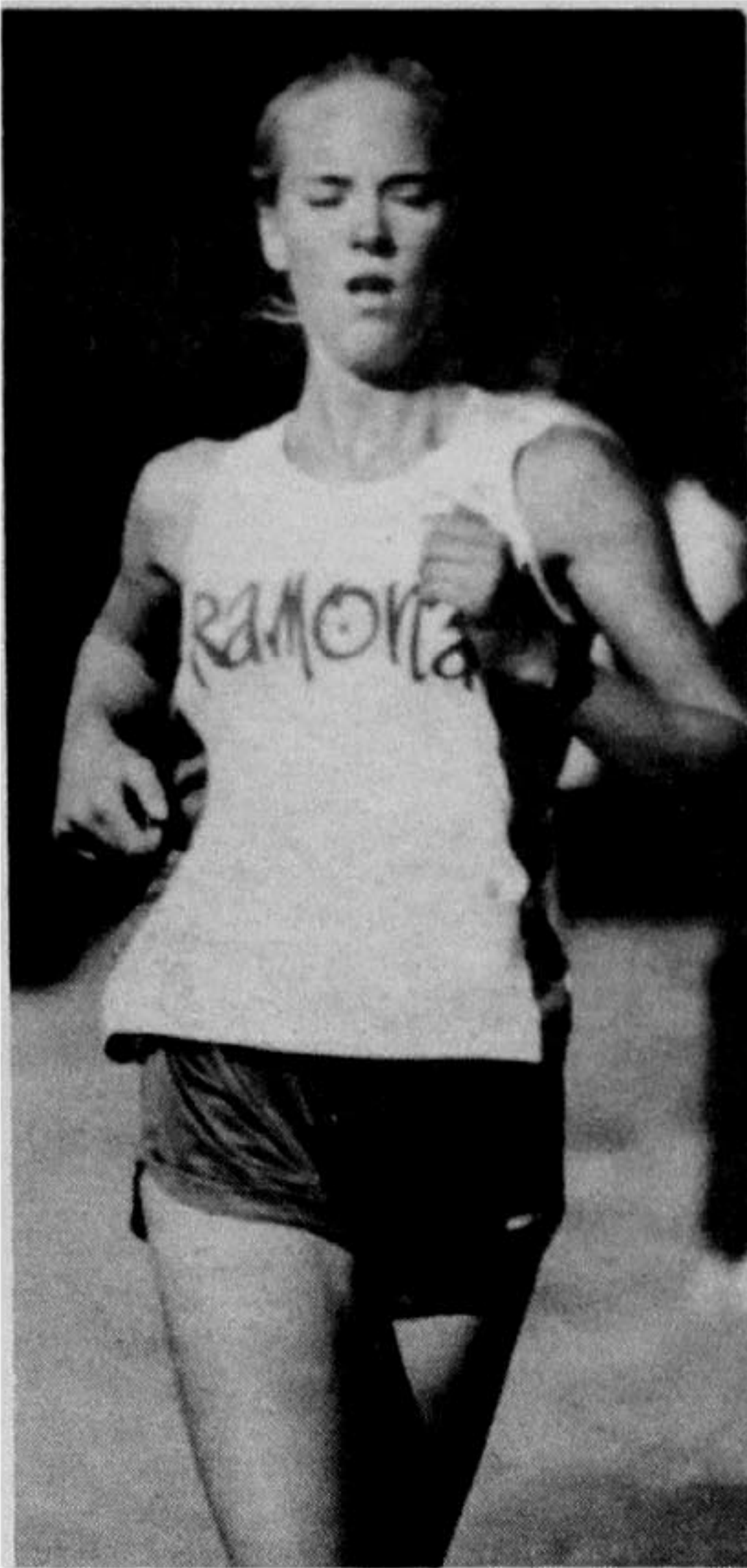
With wall-to-wall  
coverage of all the  
league finals.

Look for it at the CIF  
championships.

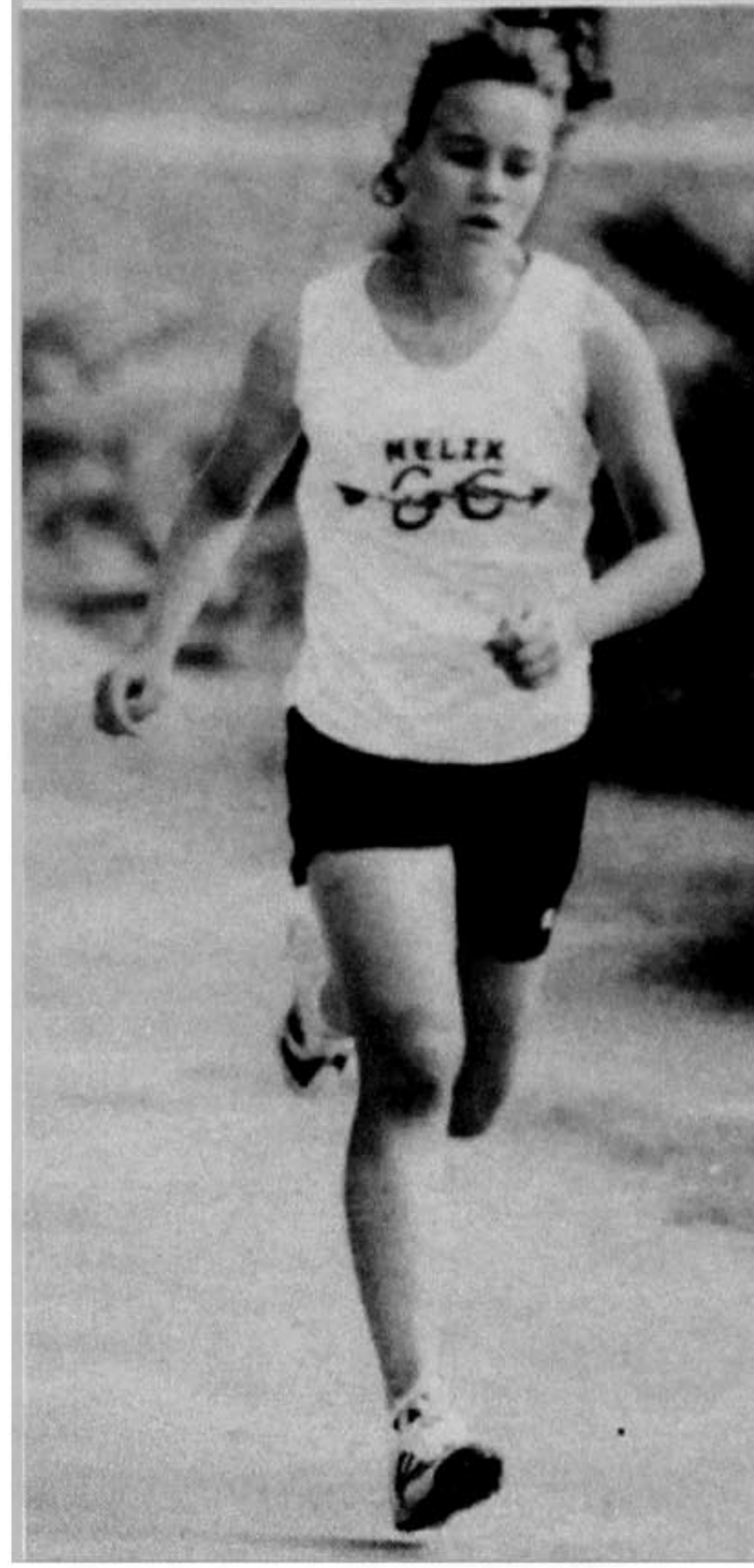




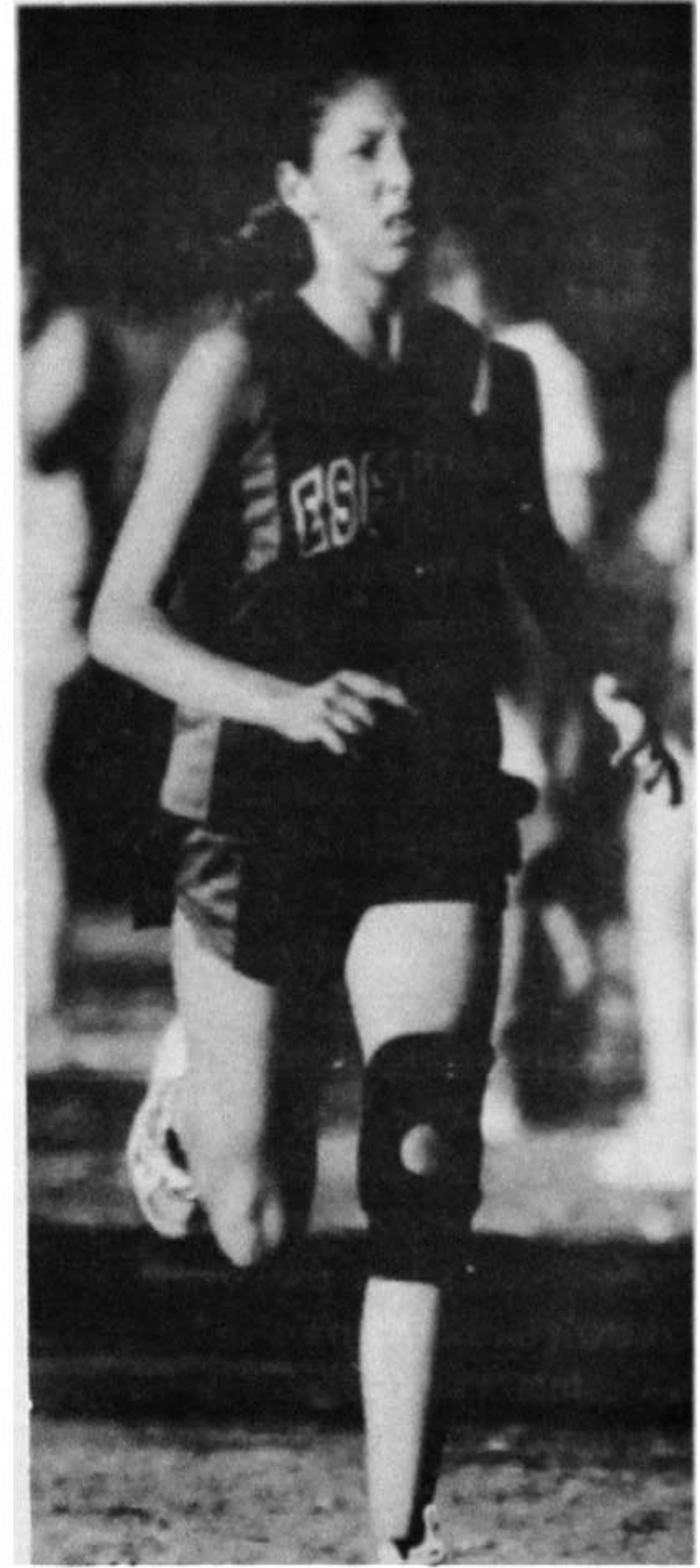
Rebecca Bartell  
West Hills



Leslie Mitchell  
Ramona



Elizabeth Harns  
Helix



Laura Guzman  
Escondido

## Mt. SAC

From page 10.

boys varsity race. He's a soph. **Escondido was fourth in Division I** varsity race 66. They were paced by Joe Voshell (13th, 17:03), and Jonathan Cordes (14th, 17:05).

**Rancho Buena Vista** had good efforts from Aaron Trunnell (16:46) and Nick Thornton (16:56) in a varsity race. Frosh runners Troy McAdams (17:21) and Artemio Mateo (17:32) ran in that race, and not in frosh competition.

**Montgomery's Jesus Carrillo** ran 17:41 to pace his team in the meet.

**Patrick Henry's Nick Zubel** paced his varsity team to sixth place in a Division I race. He ran 16:55 and was 12th in the field.

**Helix soph Taylor Williams** continued his fine year, winning a soph race in 16:15. That was the fastest time of the meet for any Helix runner. Senior Musie Meche was 12th in a varsity race, running 16:31.

**West Hills' Ross Ramsey** ran 17:05 in a soph race.

**Vista's frosh won race 38.** Their fastest runner was at 17:59. Their team time in the race was 91:27.

**Poway's frosh won a Division I** frosh race, ahead of Belmont, Peninsula and Santa Monica. Pat Maloney was fifth in 17:40, and was backed up by Matt Wood (13, in 18:32). The Poway team time in the race was 92:28.

**Patrick Henry's frosh won race 41.** They had a team time for the race of 92:42, which compares favorably with Vista and Poway in other races. Top three Patriot times were 17:52, 18:07 and 18:12.

### GIRLS (2.95 miles):

**Top forty San Diego Section runners, from all races:**

18:11 Desiree Davila, Hilltop  
18:46 Nicole Mier, San Marcos  
19:12 Desiree Leek, La Jolla  
19:22 Michelle Guerrero, La Jolla  
19:28 Rachel Kilmer, Ramona  
19:29 Maggie Sass, La Jolla  
19:36 Liz Edwards, La Jolla  
19:43 Stephanie Baird, Helix  
19:44 Katie Baker, Poway  
19:56 Ashley Handy, West Hills  
20:04 Kristina Nugent, West Hills  
20:13 Kate Branson, Bonita Vista  
20:16 Elizabeth Harns, Helix  
20:19 Angela Garcia, RBV  
20:19 Tara McGowan, La Jolla

20:23 Angela Rivas, Montgomery  
20:30 Shawna Winfrey, West Hills  
20:31 Trinity Amalfitano, Bonita Vista  
20:35 Meredith Harns, Helix  
20:37 Rebecca Bartell, West Hills  
20:57 Rachel Simmons, Ramona  
20:57 Juliana Hernandez, SanMarc  
21:04 Bre Goetz, Ramona  
21:08 Kim Vinzant, Vista  
21:08 Cassie Kuske, West Hills  
21:12 Leslie Mitchell, Ramona  
21:12 Aubrey Boag, Poway  
21:13 Patrick Henry 1  
21:14 Kalyn Olson, La Jolla  
21:15 Soraya Mustain, Bonita Vista  
21:16 Jackie Dale, West Hills  
21:18 Michelle Retherford, SanMarc  
21:19 Joanne Southard, West Hills  
21:21 Leslie Borenstein, La Jolla  
21:25 Melanie Monroe, Poway  
21:31 Nicole Haines, Ramona  
21:32 Jessica Murray, RBV  
21:32 Chandra Farnham, West Hills  
21:35 Danielle Holden, Poway  
21:37 Amy Johnson, Helix

### THE FASTEST SAN DIEGO TEAMS: (Total time of fastest five runners in varsity race.)

97:59 La Jolla  
103:59 West Hills  
104:14 Ramona  
106:25 Helix  
107:14 Bonita Vista  
108:39 Poway  
112:09 San Marcos  
112:33 Rancho Buena Vista  
116:00 Patrick Henry  
117:03 Escondido

### DIVISION I/II TEAM SWEEPS:

#### Team Scores:

77 San Lorenzo Valley (95:22)  
99 Corona del Mar (97:25)  
107 La Jolla (97:59)  
147 Santa Margarita (98:27)  
153 Clovis (99:21)  
181 Green Valley, Nev. (98:50)  
184 Tuba City, Ariz. (100:21)  
209 East Valley, Redlands (101:12)  
228 Westlake (101:41)  
237 Vacaville (100:49)  
243 Rialto (102:57)  
244 Yucaipa (102:16)  
253 University, SF (102:17)  
295 Ramona (104:14)

#### Individuals (Top 15):

17:13 Alejandra Barrientos, SLV  
17:17 Abby Miller, Green Valley  
17:47 Robyn Stevens, Vacaville  
17:59 Jones, Rialto  
18:20 Lori Mann, Santa Mrgta  
18:25 Aliza Cohen, University, SF  
18:53 Katie Quinlan, Corona DM

19:09 Eskew, Green Valley  
19:12 Desiree Leek, La Jolla  
19:13 Johnson, Clovis  
19:17 F. Barrientos, SLValley  
19:21 Louise, SLValley  
19:22 Michelle Guerrero, La Jolla  
19:23 Jenny Cummings, Corona DM  
19:28 Loretta Kilmer, Ramona

#### Other San Diego area runners:

19:29 Maggie Sass, La Jolla  
19:36 Liz Edwards, La Jolla  
20:19 Tara McGowan, La Jolla  
20:57 Rachel Simmons, Ramona  
21:04 Bre Goetz, Ramona  
21:12 Leslie Mitchell, Ramona  
21:21 Leslie Borenstein, La Jolla  
21:31 Nicole Haines, Ramona

#### INDIVIDUAL SWEEPSTAKES:

##### TEAMS:

1. San Pedro, 145.  
13. Helix, 280.

#### INDIVIDUALS (Top 10):

17:05 Sara Bei, Montgomery  
17:23 Anita Siraki, Hoover, Glen.  
17:33 Valerie Flores, San Pedro  
17:56 Gustafson, Mills, Millbrae  
18:11 Desiree Davila, Hilltop  
18:11 Jakosky, Agoura  
18:22 Hansen, Madera  
18:29 Hess, Thousand Oaks  
18:33 Natalie Stein, No. Hollywood  
18:42 Amber Steen, Newport Hbr

#### Helix runners:

19:43 Stephanie Baird (25)  
20:16 Elizabeth Harns (35)  
20:35 Courtney Harns (40)

#### DIVISION I VARSITY, RACE 4:

##### TEAMS:

1. West Hills, 78.  
2. Long Beach Poly, 102.

#### West Hills runners:

19:56 Ashley Handy (2)  
20:30 Shawna Winfrey (6)  
20:33 Rebecca Bartell (8)  
21:08 Cassie Kuske (19)  
21:50 Cheryl Madsen (43)  
22:43 Darcy Fox (67)

#### DIVISION I SOPHS:

##### TEAMS:

1. West Hills, 23  
2. La Mirada, 80.

#### West Hills runners:

20:04 Kristina Nugent (2)  
21:16 Jackie Dale (7)  
21:19 Joanne Southard (8)  
21:32 Chandra Farnham (11)  
22:09 Jessica Hoffman (15)

#### DIVISION V SWEEPSTAKES:

##### INDIVIDUALS:

18:18 Cohoon, Chadwickb  
18:20 Angela Petersen, The Meadows, Nevada

### OTHER HIGHLIGHTS:

**San Marcos' soph Nicole Mier** ran 18:46 to take second in Girls Varsity Race 1, one second behind a Woodbridge runner. It was the second fastest time of the day by a runner from the San Diego Section, trailing only Hilltop's Desiree Davila. It was a strong field, including runners from Woodbridge, Dana Hills and Ventura.

**Poway's varsity was fourth in a** Division I race, behind Quartz Hill, Crescenta Valley and Castro Valley. Katie Baker was third, running 19:45. Next best was Danielle Holden at 21:35.

**Montgomery ace Angela Rivas** was timed in 20:23 in her varsity race. **Angela Garcia was RBV's** fastest at the meet, running 20:18.

**Vista's best was Kim Vinzant**, who ran 21:08. Current number one Erica Lopez was leading a soph race, but ran off course for a DQ.

**Poway's frosh team won Race 63**, with 61 points. Aubrey Boag won the race in 21:12, and Melanie Monroe was third in 21:25.

**La Jolla's frosh were second in** race 71. Viking Kalyn Olson won the race in 21:14.

**Helix' Amy Johnson ran 21:37** for seventh in a frosh race. The time was the fourth fastest for the Highlanders in the meet.

## Boosters!

You can use this space to support your team at the CIF meet. Call the La Mesa Movin' Shoes to find out how you can say: "Run tough, Franklin High!" (Feel free to substitute name of your own school.)



# Local Rankings

**BOYS:**

- 1. Poway
  - 2. Vista
  - 3. Mt. Carmel
  - 4. West Hills
  - 5. La Jolla (II)
  - 6. Fallbrook
  - 7. Scripps Ranch (II)
  - 8. Ramona (II)
  - 9. Granite Hills
  - 10. St. Augustine (IV)
- On the bubble:  
Sweetwater  
San Pasqual (II)  
Rancho Bernardo  
Valley Center (IV)  
San Diego
- Best of Division III:**  
Mar Vista  
University of San Diego
- Best of Division IV:**  
Calvin Christian  
(All teams Division I unless otherwise indicated.)

**GIRLS:**

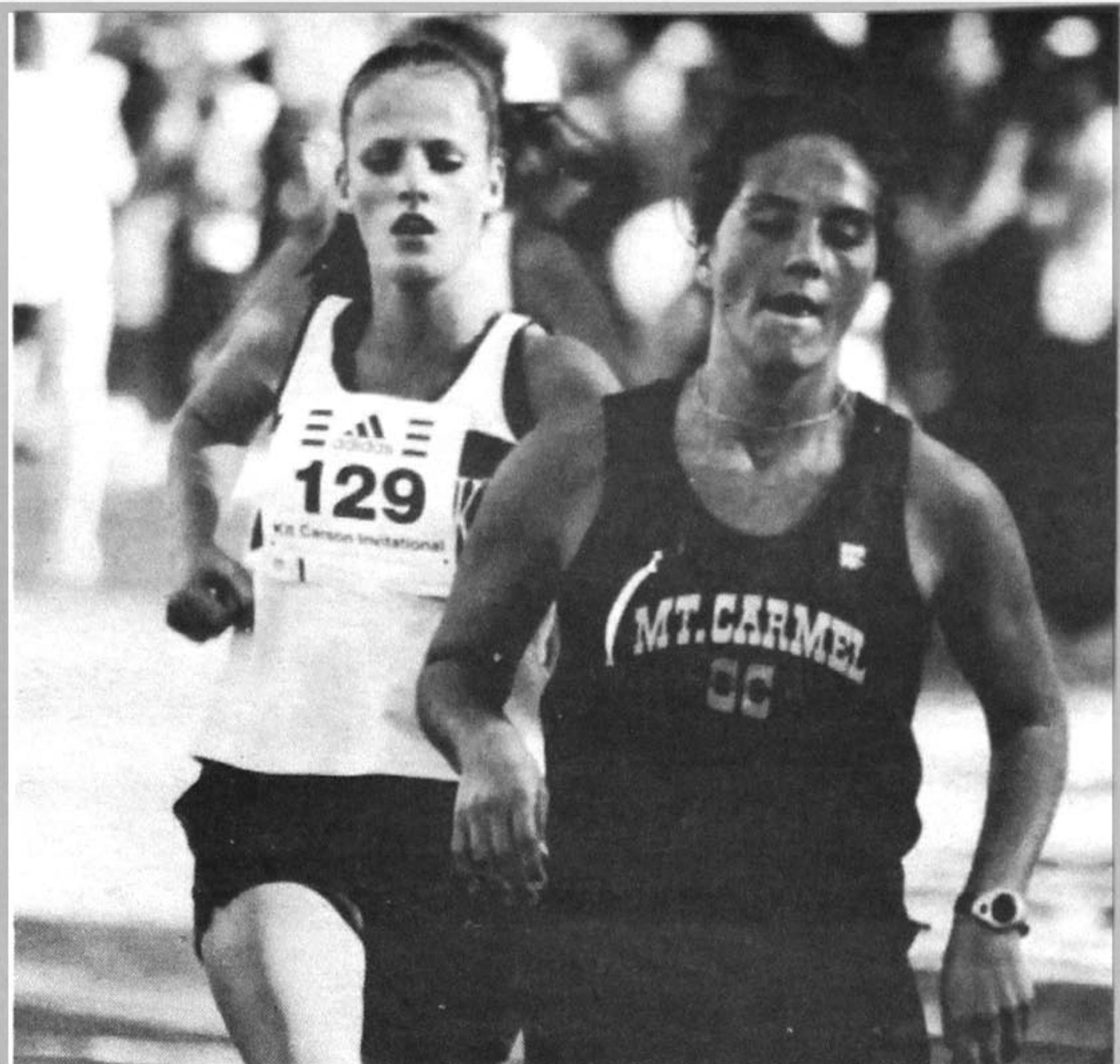
- 1. Rancho Bernardo
  - 2. Mt. Carmel
  - 3. Torrey Pines
  - 4. La Jolla (II)
  - 5. Carlsbad
  - 6. Fallbrook
  - 7. West Hills
  - 8. University City (II)
  - 9. Valhalla
  - 10. Chula Vista
- On the bubble:  
Poway  
Valley Center (IV)  
Bonita Vista  
La Costa Canyon  
Ramona (II)
- Best of Division III:**  
Our Lady of Peace
- Best of Division V:**  
Calvin Christian  
(All teams Division I unless otherwise indicated.)

# State Rankings:

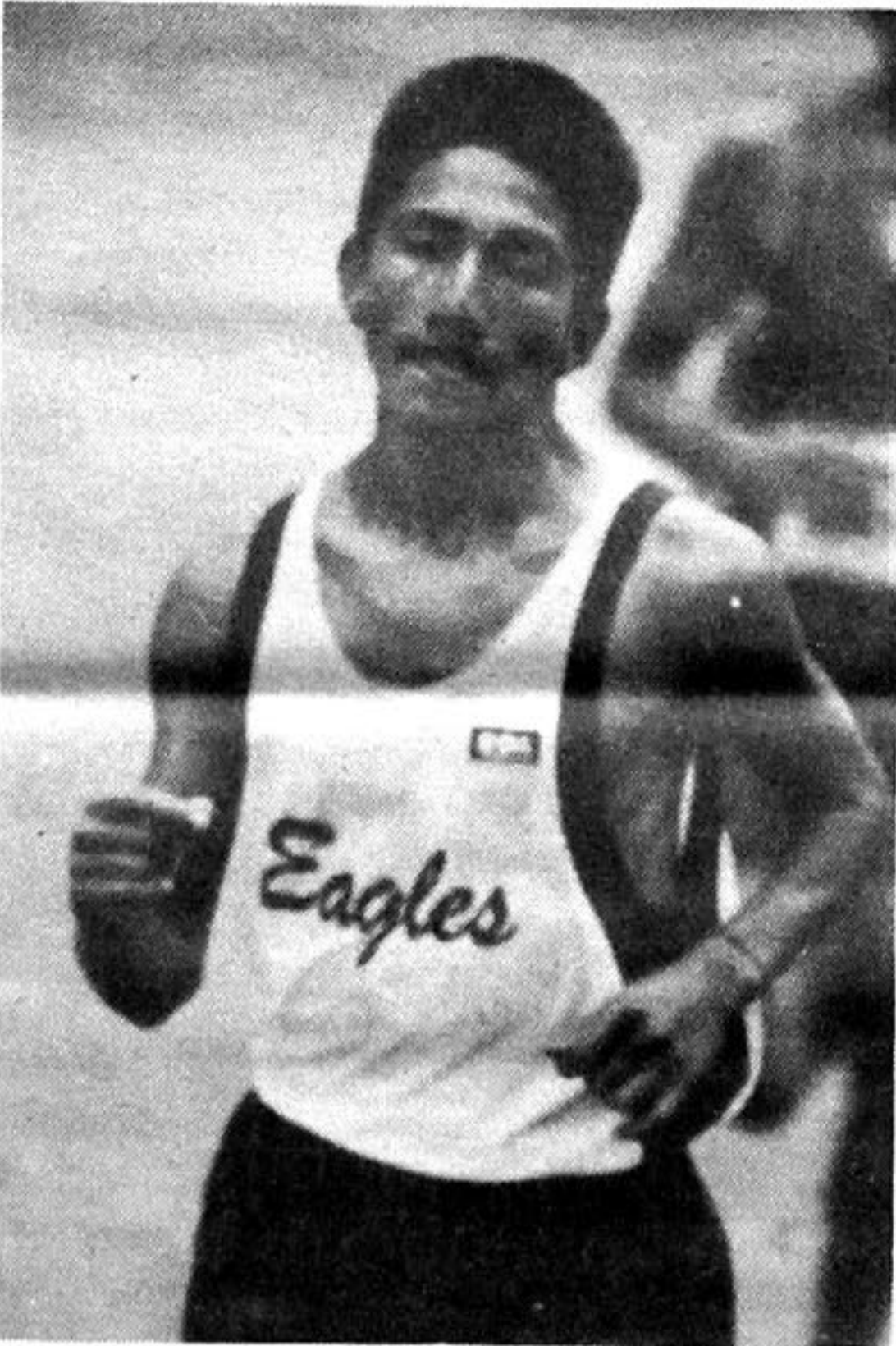
Rankings of October 27.

**BOYS:**

- Division I**
- 1. Don Lugo, Chino
  - 2. Clovis
  - 3. Poway**
  - 4. Vista**
  - 5. Belmont, Los Angeles
  - 6. Katella, Anaheim
  - 7. Long Beach Poly
  - 8. Buchanan, Clovis
  - 9. Jesuit, Carmichael
  - 10. West Hills**
- Division II**
- 1. Eureka
  - 2. De la Salle, Concord
  - 3. Scripps Ranch**
  - 4. Santiago, Garden Grove
  - 5. La Jolla**
  - 6. Ramona**
  - 7. Villa Park
  - 8. Newport Harbor, Newport Bch
  - 9. Santa Margarita, Rancho SM
  - 10. Rim of World, Lake Arrowhead



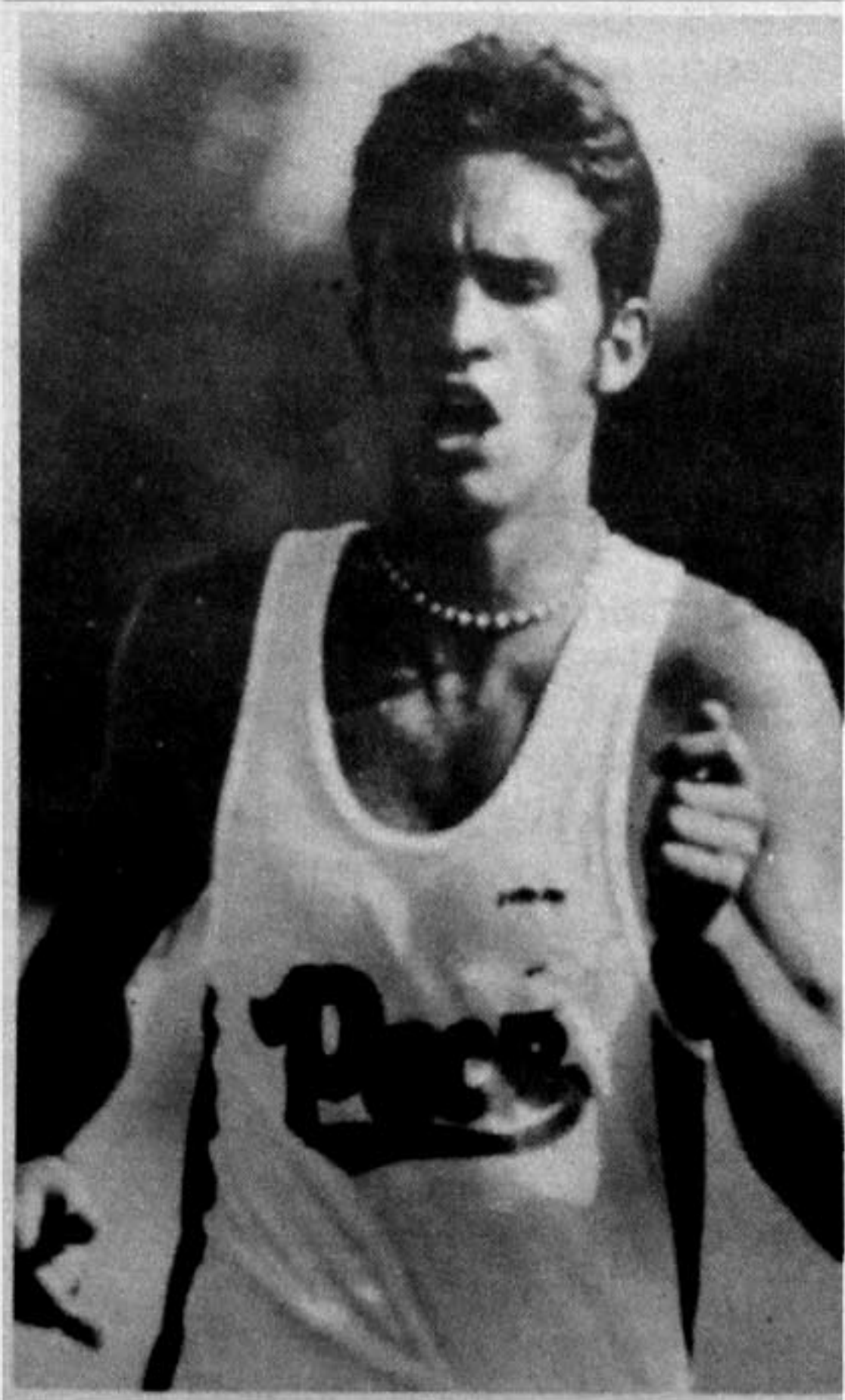
**Maija Rohde, Audrey Harrer**  
Rohde's Fallbrook team is ranked sixth locally; Harrer's Mt. Carmel team is ranked second locally, and third in the state in Division I



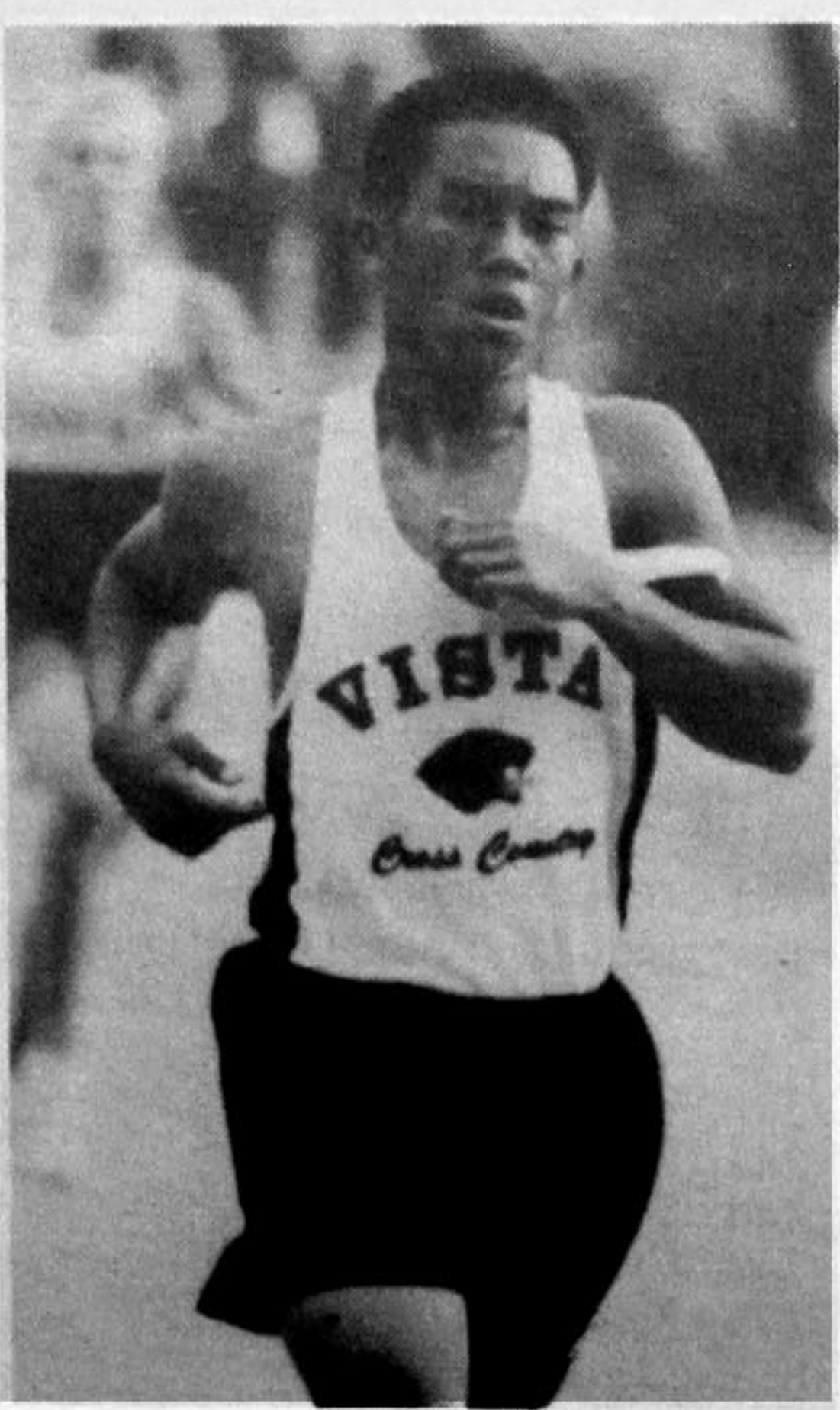
**Efrain Carrillo**  
Granite Hills is ranked ninth locally.



**Sara Cates**  
Carlsbad's girls are fifth on the local list.



**Bryan Bauerle**  
West Hills is fourth locally, and 10th in the state in Division I.



**Mark Baddas**  
Vista is second locally, and fourth in the state in Division I.

- Division III**
- 1. South Hills, West Covina
  - 2. Los Gatos
  - 3. Don Bosco Tech, Rosemead
  - 4. Redwood, Larkspur
  - 5. Granada, Livermore
  - 6. St. Francis, Mountain View
  - 7. Burroughs, Ridgecrest
  - 8. La Canada
  - 9. Sonora
  - 10. San Luis Obispo
- Division IV**
- 1. McFarland
  - 2. Oak Park
  - 3. Central Valley, Shasta Lake
  - 4. Nordhoff, Ojai
  - 5. St. Augustine**
  - 6. Valley Center**
  - 7. Corcoran
  - 8. Piedmont
  - 9. Dublin
  - 10. Campolindo, Moraga
- Division V**
- 1. Flintridge Prep, La Canada
  - 2. Desert Christian, Lancaster
  - 3. Calvin Christian**
  - 4. Calvary Chapel, Downey
  - 5. Woodcrest Christian, Riverside
  - 6. University, San Francisco
  - 7. St. Joseph/Notre Dame, Alameda
  - 8. Maranatha, Sierra Madre
  - 9. L. A. Baptist
  - 10. Avenal
- GIRLS:**
- Division I**
- 1. Rancho Bernardo**
  - 2. Peninsula
  - 3. Mt. Carmel**
  - 4. Woodbridge, Irvine
  - 5. Sultana, Hesperia
  - 6. Clovis
  - 7. Yucaipa
  - 8. Torrey Pines**
  - 9. San Pedro
  - 10. East Valley, Redlands
- Division II**
- 1. Foothill, Santa Ana
  - 2. La Jolla**
  - 3. Santa Margarita, Rancho Santa Margarita
  - 4. Antioch
  - 5. Vacaville
  - 6. Newport Harbor, Newport Beach
  - 7. Montgomery, Santa Rosa
  - 8. Westlake, Westlake Village
  - 9. Livermore
  - 10. Agoura
- Division III**
- 1. San Lorenzo Valley, Felton
  - 2. Granada, Livermore
  - 3. Foothill, Redding
  - 4. Carondelet, Concord
  - 5. La Canada
  - 6. South Hills, West Covina
  - 7. St. Ignatius, San Francisco
  - 8. San Luis Obispo
  - 9. St. Francis, Mountain View
  - 10. Lompoc
- Division IV**
- 1. Corona del Mar, Newport Beach
  - 2. Nordhoff, Ojai
  - 3. Campolindo, Moraga
  - 4. Louisville, Woodland Hills
  - 5. Sacred Heart Cathedral Prep, SF
  - 6. McFarland
  - 7. Miramonte, Orinda
  - 8. Bishop O'Dowd, Oakland
  - 9. Morro Bay
  - 10. Valley Center**
- Division V**
- 1. Chadwick, Palos Verdes
  - 2. University, San Francisco
  - 3. Desert Christian, Lancaster
  - 4. Northwood, Irvine
  - 5. Desert Christian, Bermuda Dunes
  - 6. Maranatha, Sierra Madre
  - 7. Flintridge Prep, La Canada
  - 8. Lick-Wilmerding
  - 9. Convent of the Sacred Heart
  - 10. Pasadena Poly